COGNITIVE REMEDIATION THERAPY
FOR EATING DISORDERS AND OBESITY

Western Sydney University (WSU) is proud to introduce a 1-day workshop on Cognitive Remediation Therapy (CRT) for obesity and anorexia nervosa.

Individuals with anorexia nervosa and obesity have been found to have cognitive deficiencies in the area of executive function. Randomised controlled trials have confirmed that CRT improves executive function in individuals with anorexia nervosa, and in turn it improved quality of life and reduced eating disorder symptoms. We have conducted a trial of CRT for obesity and found that CRT improved executive function (Cohen’s d = 0.86) and in turn it helped individuals lose weight (6.5% of weight loss at 3 month follow-up).

This workshop aims to teach you powerful techniques to target executive function problems, found to be prevalent in individuals with anorexia nervosa and obesity. You will have the opportunity to practice applying the techniques in the workshop, and you will receive a copy of the manual.

WORKSHOP DETAILS:
Date: 18 July, 2016
Time: 9:30–4:30pm
Location: Female Orphan School, Parramatta Campus, Western Sydney University
Fee: $250

To register please visit westernsydney.edu.au/CRT

COURSE FACILITATORS
Drs Evelyn Smith
Dr Evelyn Smith holds a continuing lectureship position at School of Social Sciences and Psychology at Western Sydney University and is the Director of the Clinical and Health Psychology Research Initiative. She is a clinical psychologist working in private practice and will soon open an Eating disorders and Obesity Research Clinic within the university. She works primarily with adults with eating disorders and obesity and has published widely in this area. She is currently the Chief Investigator of a randomised controlled trial funded by Ramaciotti Australia to investigate the effectiveness of cognitive remediation therapy for obesity for long-term weight loss, and Chief Investigator of a UWS Women’s Research Fellowship to investigate the efficacy of schema therapy for eating disorders. She is Associate Editor of the journal Clinical Obesity.

Jayanthi Raman
Jayanthi Raman is an experienced clinical psychologist from Sydney, Australia. Funded by a prestigious Fellowship from the NSW Institute of Psychiatry and a project grant from the Diabetes Australia Research Trust she has recently completed her PhD thesis on the psychological and cognitive remediation aspects of obesity. Her doctoral research has resulted in 2 original first-author publications so far in peer-reviewed journals and she has also contributed to a book chapter on cognitive remediation therapy in obesity. Further collaborations and joint publications are currently underway with international researchers based in UK and Scandinavia. She has joined the University of Technology Sydney (UTS) as a Research Fellow in the Graduate School of Health (Clinical Psychology). Her linkedin profile is available here: https://au.linkedin.com/pub/jayanthi-raman/66/377/187