

SHORT INTENSIVE ONLINE UK-Accredited Training for Continuing Professional Development (CPD)

Diploma in Eating Disorders and OCD

Presented by Dr Leila Edwards, Principal of Transformations Institute

This course serves as a follow-up to the **Diploma in CBT** and is also designed as a freestanding training for therapists, hypnotherapists, psychotherapists, counsellors, well-being coaches, psychologists, health and medical professionals, including nutritionists and dieticians, educators with pastoral roles, and anyone trained in relevant modalities who wishes to learn more about the psychology and effective therapeutic interventions for clients/patients presenting with Eating Disorders and/or OCD.

Transformations Institute will confirm a total of 15 hours of CEU Credits to participants who complete the course and the study assignments set and pass the post-course exam paper at the required level. This UK-accredited Diploma is approved for CPD purposes by a number of professional associations and bodies, including: the National and International Council of Integrative Psychotherapists (NCIP/ICIP), the Association for Professional Hypnosis and Psychotherapy (APHP), the National Register of Psychotherapists & Counsellors (NRPC), and the Open College (UK).

The course provides an overview of how evidence-based Cognitive Behavioural Therapy (CBT) and Hypnotherapy techniques can be incorporated into clinical practice and enhance the practitioner's skill-base. Participants will be provided with extensive course materials for immediate use.

'Anorexia Nervosa', 'Bulimia' and other 'Eating Disorders' present different 'symptoms', but all have some commonalities, which they also share with 'OCD'. This course was created to provide information that would be useful to therapists and others in the helping professions and thus promote understanding, awareness and knowledge in order to enable participants to provide more effective therapeutic support for clients/patients who seek their professional assistance.

Whilst Transformations Institute's mission and ethos is to promote holistic and client-centred modalities through the medium of applied positive psychology, in this course we explain the standard terms, references and labels, that are used currently within the medical profession and are included the latest 'Diagnostic and Statistical Manual Version V' (DSM-V), 2013, so that participants can become familiar with the current and prevalent model of mental health, although we regard this model as fundamentally flawed. It regards, diagnoses and seeks to treat emotional and mental health as though these were the same as physical illnesses and medical conditions. In fact, there is no scientific or empirical basis for this model, however, we take a pragmatic view and seek to work collaboratively wherever possible with medical professionals at the same time as promoting awareness of the rapidly developing field of evidence-based positive psychology and neuroscience and the newly emerging disciplines of psychoneuroimmunology and epigenetics that explore holistic and cross-disciplinary approaches.

It is our intention to encourage the use of the two most effective therapeutic modalities in terms of evidence-based psychological therapies, i.e. CBT combined with clinical hypnotherapy, by those who work with clients exhibiting these behaviours. However, it is not our intention to exclude the use of any other holistic and safe modalities, many of which work very effectively in combination with CBT and hypnotherapy, including therapeutic NLP and a variety of mind-body approaches.

Those who wish to obtain a UK-accredited qualification, i.e. the Diploma in Eating Disorders and OCD can do so by taking and passing the post-course exam at the required standard. The course is run under licence of Dr David Kato, and accredited/approved by a number of professional bodies including: the National Council of Integrative Psychotherapists (NCIP/ICIP), the National Register for Psychotherapists and Counsellors (NRPC), the Academy for Continued Hypnosis Education (ACHE), the Association for Professional Hypnosis and Psychotherapy (APHP), the Open College, UK, the National Register of Advanced Hypnotherapists (NRAH), the Hypnotherapy Control Board (HCB), & Essex Institute for training in psychological therapies (EICH).

The course is usually held over a two day weekend, Sat – Sun 11am – 7pm UAE/GST timing.

The current cost of the course is AED 1,950, with a generous discount for Earlybirds who register and pay by the due date, paying just AED 1,500. The fee includes exam marking, certification fees and royalties, as well as extensive course materials.

TOPICS COVERED include:

- Anorexia
- Bulimia & Binge Eating
- Compulsive Overeating
- Food Phobias & Food Allergies
- Obsessions & Compulsions
- Intrusive Thoughts Process
- Ritual Rationale
- Plan of Action & Homework Tasks
- Using hypnotic suggestions and scripts
- Body Language
- Co-Morbid Mental Health Conditions
- DSM V, Statistics & EDNOS
- Case Histories
- Evidence Based Outcomes
- Finding Effective Therapy
- Subliminals & Equipment
- Therapeutic Modalities: CBT, Suggestion Work, Analytical, Parts.

Contact the Course Leader to enquire about eligibility and register for this unique course.



Dr Leila Edwards

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