Workshop 3
Compassion Focused Therapy for Eating Disorders
Ken Goss

Bio: Dr Ken Goss, (D. Clin. Psy), is a Consultant Clinical Psychologist and Head of Coventry Eating Disorders Service in the UK. Ken has over 20 years’ experience of working with people with eating difficulties. He has published a number of academic papers and book chapters on the role of shame and compassion in eating disorders. He leads an on-going research programme exploring these issues and their relationship with therapeutic practice and outcomes. Ken is currently working with Birmingham University (UK) to develop a Post Graduate Diploma training course in CFT. Ken is a regular speaker at national and international conferences, and teaches on several Clinical Psychology Training Courses. He has worked closely with Professor Paul Gilbert (OBE), the originator of Compassion Focused Therapy, for over 20 years. Ken has pioneered the use of Compassion Focused Therapy for Eating Disorders (CFT-E). This treatment program has recently been the subject of an 8 year audit of outcome, which indicated it is an effective treatment for addressing eating disorder symptoms, reducing shame and self-criticism, and developing self-compassion. He currently trains and supervises several NHS specialist eating disorder services in CFT-E.

Abstract: This workshop is designed to introduce the principles, philosophy and techniques of Compassion Focused Therapy (CFT), how these can be modified and applied to help people recover from an eating disorder. It introduces a specific approach to eating disorder formulation and treatment (Compassion Focused Therapy for Eating Disorders – CFT-E) and evidence that supports its incorporation into mainstream eating disorder treatment. The workshop consists of didactic teaching, role plays and the practise of key CFT techniques (such as imagery and breathing exercises). It is aimed at health professionals who are working, or want to work, therapeutically with people with an eating disorder. It is an introductory workshop, and no previous knowledge of CFT is required.