ENHANCED COGNITIVE BEHAVIOUR THERAPY (CBT-E)

Enhanced Cognitive Behaviour Therapy (CBT-E) has been developed by Christopher Fairburn and his colleagues at the Centre for Research on Eating Disorders, Oxford. It is considered one of the leading empirically supported treatments for eating disorders. It is based on a Transdiagnostic perspective of eating disorders and thus provides treatment for Eating Disorder psychopathology rather than a specific Eating Disorder diagnosis, it is thus applicable across a range of Eating Disorder diagnoses. CBT-E is most commonly used in the treatment of bulimia nervosa. A comprehensive guide outlines how to deliver CBT-E. It is a fixed length, consisting of 20 sessions over 20 weeks. It is delivered in 4 defined stages. Designed for treatment of adults, it has also been used with younger patients. The strategy underpinning CBT-E is to construct a formulation of the processes that are maintaining the person’s psychopathology and use this to identify the features that need to be targeted in treatment, thus each formulation will be unique to that client.