

# Eating Disorders Education and Training Scotland

In Conjunction with the South East Eating Disorders Scotland (SEEDS) Regional Network

Are delighted to announce the following 2-day online Training Event:

## Brief Strategic Therapy

Dr Giada Pietrabissa PhD, PsyD, Catholic University of Milan

**Presenter:** Dr Giada Pietrabissa PhD, PsyD, Catholic University of Milan

**Dates:** 2nd & 3rd March 2021

**Organisers:** Eating Disorders Education & Training Scotland (EATS)

& South East Eating Disorders Scotland (SEEDS) Regional Network

**Cost:** £125 pp

**Registration:** contact Alison: [Alison.sherriffs@nhs.scot](mailto:Alison.sherriffs@nhs.scot) with your name, preferred email address (email which can be used for Microsoft Teams), profession, healthboard (or workplace), contact telephone number, and address.



**What is Brief Strategic Therapy(BST)?** BST is a short-term solution-focused treatment based on the assumption that eating disorders operate as self-perpetuating cycles consisting of repeated ineffective attempted solutions for problems. In BST, a range of therapeutic interventions are introduced based on the assumption that change precedes insight (knowing through changing). Therefore, in BST the focus is not on identifying the cause the eating disorder, but on identifying the attempted solutions that perpetuate eating disorder. Protocols are available for the treatment of Binge Eating Disorder, Bulimia Nervosa, and Anorexia Nervosa. Findings from the first RCT to compare BST with CBT for Binge Eating Disorder suggest that BST is statistically and clinically more effective than CBT in treating BED, promoting weight loss, and improving global functioning among women with BED and comorbid obesity 1 year after treatment.

A further RCT is currently underway, to compare outcomes for BST vs. CBT for Bulimia Nervosa.

### Workshop Outcomes:

In this workshop, participants will be taught the basic theory and practical applications of Brief Strategic Therapy as it applies to the treatment of eating disorders. Participants will learn to:

- Apply the BST model to people across all eating disorder diagnostic groups
- Facilitate motivational interventions to promote health-related behaviors in people suffering from eating disorders
- Facilitate corrective emotional experiences by disrupting the perceptive-reactive system that maintains the eating disordered behaviours (e.g. diet-binge cycle) through the implementation of direct, indirect, and paradoxical interventions
- Utilise strategic dialogue, and analogical language (metaphors, anecdotes, aphorisms) techniques to reframe 'attempted solutions' that maintain the eating disorder
- Implement strategies in order to facilitate a more balanced relationship with food and healthy eating behaviours through reframes and behavioural prescriptions
- Enhance treatment outcomes through highlighting personal responsibility for change and successes

**About the Presenter:** Dr. *Giada Pietrabissa*, Ph.D., Psy.D., is Adjunct Professor and Researcher at the Catholic University of Milan-Faculty of Psychology. She also serves as research psychologist in the Clinical Psychology Lab and Service at the Institute for Treatment and Research (IRCCS) Istituto Auxologico Italiano, San Luca Hospital, Milan. Dr. Pietrabissa is qualified in brief strategic therapy and experienced provider of motivational interventions to promote health-related behaviors in people suffering from obesity, eating disorders and other chronic conditions.

### **Relevant Research:**

- Castelnovo G, Manzoni GM, Villa V, Cesa GL, Pietrabissa G, Molinari E. The STRATOB study: design of a randomized controlled clinical trial of Cognitive Behavioral Therapy and Brief Strategic Therapy with telecare in patients with obesity and binge-eating disorder referred to residential nutritional rehabilitation. *Trials*. 2011 May 9;12:114. doi: 10.1186/1745-6215-12-114.
- Jackson JB, Pietrabissa G, Rossi A, Manzoni GM, Castelnovo G. Brief strategic therapy and cognitive behavioral therapy for women with binge eating disorder and comorbid obesity: A randomized clinical trial one-year follow-up. *J Consult Clin Psychol*. 2018 Aug;86(8):688-701. doi: 10.1037/ccp0000313.
- Pietrabissa, G., Castelnovo, G., Jackson, J. B., Rossi, A., Manzoni, G. M., & Gibson, P. (2019). Brief Strategic Therapy for Bulimia Nervosa and Binge Eating Disorder: A Clinical and Research Protocol. *Frontiers in Psychology*, 10, 373. <https://doi.org/10.3389/fpsyg.2019.00373>