

# CBT for Eating Disorders

Professional Training Course (36 Training Hours)

Offered by :  
Success Edu Hub Academy – Amman, Jordan

Accredited by :  
the German Jordanian University (GJU)



## About the Course

The CBT for Eating Disorders – Professional Training Course is a specialized program designed for professionals and students in psychology, counseling, and mental health who wish to understand and treat eating-related disorders using the evidence-based Cognitive Behavioral Therapy (CBT) approach.

This intensive 36-hour course provides both theoretical foundations and hands-on therapeutic techniques to help clients challenge distorted beliefs about food, body image, and self-esteem, while developing healthier coping mechanisms.

Participants will learn structured CBT models for identifying maladaptive thinking patterns, managing emotional triggers, and designing personalized intervention plans to support clients in recovery.



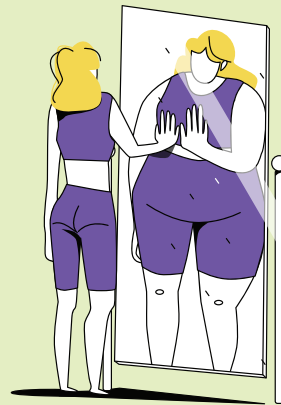
# Course Outline

## (6 Weeks – 36 Training Hours)



### 1 Introduction to Eating Disorders and CBT Framework

- Understanding the types of eating disorders (Anorexia, Bulimia, Binge Eating, etc.)
- Biological, psychological, and ociocultural factors
- Principles and structure of Cognitive Behavioral Therapy



### 2 Assessment and Case Formulation

- Diagnostic criteria and assessment tools
- Identifying triggers and maintaining factors
- Building the therapeutic alliance and goal setting



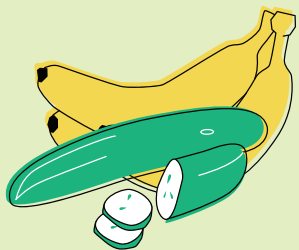
### 3 Core Cognitive and Behavioral Techniques

- Cognitive restructuring and identifying distorted thoughts
- Behavioral experiments and exposure techniques
- Managing avoidance and perfectionism



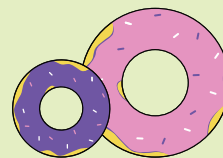
### 4 Addressing Body Image and Emotional Regulation

- Working with body dissatisfaction and self-esteem
- Emotional regulation skills for clients
- Coping with stress, shame, and guilt



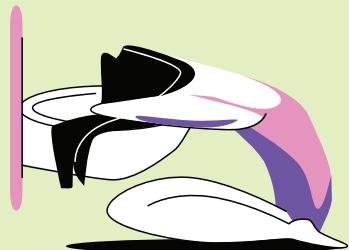
### 5 Relapse Prevention and Long-Term Recovery

- Designing maintenance and relapse prevention plans
- Nutrition awareness and psychoeducation integration
- Supporting family and caregivers in the recovery process



### 6 Supervised Practice and Case Studies

- Real-life case discussions and role-play sessions
- Ethical considerations and cultural sensitivity in therapy
- Final project presentation and feedback



## About Success Edu Hub Academy

Success Edu Hub Academy (SEH Academy) is a leading training and development institution in Amman, Jordan, offering professional programs and international certifications in psychology, mental health, and NGO management.

Known for its practical, application-focused training, SEH collaborates with expert trainers and universities such as the German Jordanian University (GJU) to provide accredited, high-quality education for professionals in the Arab world.

Accredited by:  
German Jordanian University / Consultation and Training Center



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