

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 sociocultural factors
- Principles and structure of Cognitive Behavioral Therapy



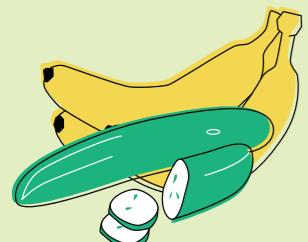
2 Assessment and Case Formulation

- 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

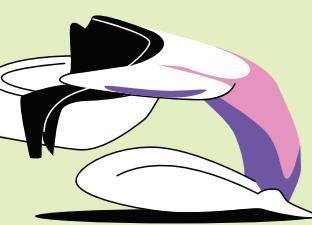


5 Relapse Prevention and Long-Term Recovery

- 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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