



# 9th World Congress of Behavioural & Cognitive Therapies

**The CityCube, Berlin, Germany**  
17th-20th July 2019

[wcbct2019.org](http://wcbct2019.org)

## EATING DISORDERS PROGRAMME HIGHLIGHTS

### **Invited Address:**



**Pros and Cons of Transdiagnostic Thinking: Examples from the Eating Disorder Field**  
Kelly Bemis Vitousek, University of Hawaii

### **Pre-Congress-Workshop:**



**Adapting Cognitive Behavior Therapy to the Distinctive Features of Eating Disorders**  
Kelly Bemis Vitousek, Hawaii University, USA

### **Symposia:**

**Sex and gender differences in body image and its disorders**

Andrea Hartmann

**In Search for Self-Care: Non-Suicidal Self-Injury in Eating Disorders and Obesity**

Laurence Claes

**Time to make a change: a plea for experimental research on key processes in Anorexia Nervosa**

Klaske Glashouwer

**Emotion and Cognition in Disordered Eating: New perspectives and implications for treatment**

Maja Nedeljkovic

**Prevention and early intervention for eating disorders and transdiagnostic outcomes: Targeting body image concerns and unhelpful perfectionism in young people+C10**

Melissa Atkinson

**A dual process models approach to understanding and treating eating and weight disorders**

Leentje Vervoort

**(Self-)Disgust in Eating Disorders**

Paula von Spreckelsen

**Challenges in the treatment of youngsters with obesity and binge eating**

Caroline Braet

**In-Congress-Workshop:**

**Exposure therapy applied to eating disorders: Terrified patients and anxious clinicians**

Carolyn Becker

**Skills-Classes:**

**Incorporating cognitive behavior and dialectical behavior therapy for the treatment of eating disorders.**

Fragiskos Gonidakis

**Brief CBT for eating disorders (CBT-T): How to adapt our skills to get good outcomes in half the time**

Glenn Waller

**"Körperkonfrontation zur Behandlung der Körperbildstörung bei Essstörungen und Körperdysmorpher Störung – Input aus dem BEAM-Net"**

Andrea Hartmann