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## Treating eating disorders with high complexity and co-morbidity: The Schema therapy approach

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A considerable proportion of those with eating disorders (EDs) either relapses or fails to respond at all to standard treatments. CBT outcome studies for bulimia nervosa (BN) commonly report drop-out rates of between 20 to 40% and at follow-up typically only half of participants are abstinent. Evidence to support the effectiveness CBT for anorexia nervosa is scant (AN). Many individuals with EDs express denial over the seriousness of their illness and are highly resistant to change due to deep seated fears of weight gain, thereby interfering with compliance and motivation to change within standard treatment programs. Schema therapy (ST) is arguably ideally suited to the treatment of eating disorders, particular for those with complexity and co-morbidity. ST is an integrative therapeutic approach developed to address entrenched interpersonal and self-identity