

**Continuing Education Seminar:**  
Cognitive Behavioral Therapy for Eating Disorders, Pt II.  
Presented by Dr. Liana Abascal, Ph.D.



UCSD

Eating  
Disorders  
Center  
for Treatment  
& Research

On Tuesday, December 13, 2011 at noon, in the conference room of Ste B-122 at the La Jolla Professional Building, Dr. Liana Abascal, Ph.D. will present a Continuing Education seminar entitled: Cognitive Behavioral Therapy for Eating Disorders, Pt II. This will be the second in a three-part series on CBT-E.

**The learning objectives for the presentation are:**

- 1 Describe "starting well" and motivating the patient for change.
- 2 List and implement components in initial session.
- 3 Apply strategies for addressing dietary restraint, rules and residual binges.

**Upcoming Schedule**

- Dec 20 Cognitive Behavior Therapy for EDs — Dr. Liana Abascal, Ph.D**
- Dec 27** Cancelled due to holidays
- Jan 3** Cancelled due to holidays
- Jan 10 Diabulimia — Dr. Liana Abascal, Ph.D**
- Jan 17 Anxiety — Dr. Jill Stoddard, Ph.D.**
- Jan 24** TBD
- Jan 31 Substance Use — Dr. Ryan Trim, Ph.D.**
- Feb 7 Exposure Treatment for Trauma — Dr. Carolyn Allard, Ph.D.**
- Feb 14 Sleep Disorders — Dr. Sean Drummond, Ph.D.**
- Feb 21 Parent Training — Dr. Kerri Boutelle, Ph.D.**
- Feb 28 Parent Training — Dr. Kerri Boutelle, Ph.D.**
- March 6 Cognitive Processing Therapy for Trauma — Dr. Danyale McCurdy, Ph.D.**
- March 13 Cognitive Processing Therapy for Trauma — Dr. Danyale McCurdy, Ph.D.**
- March 20 Cognitive Processing Therapy for Trauma — Dr. Danyale McCurdy, Ph.D.**
- March 27 Psychopharmacology of EDs — Dr. Mary Ellen Trunko, M.D.**
- April 3 Psychopharmacology of EDs — Dr. Mary Ellen Trunko, M.D.**

You will receive one CE credit for this one-hour training. This training is appropriate for all clinicians at UCSD's Eating Disorder Program. As always, other clinicians and students who are interested in attending are welcome. This training is offered free of charge to UCSD Eating Disorder staff, volunteers, and guests.

Dr. Liana Abascal is the director of the Intensive Outpatient Program at UCSD. Her vita is available upon request, just email me. You may also email me if you have other questions or concerns about this presentation or our CE program in general.

UCSD Eating Disorder Program is not aware of any conflicts of interest at this time, but if one becomes apparent full disclosure will be made.

UCSD Eating Disorder Program is approved by the American Psychological Association to sponsor continuing education for psychologists.

UCSD Eating Disorder Program maintains responsibility for this program and its content.