



From Protocol to Practice in CBT E: A Workshop on Clinical Realities and Methodological Integrity

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This workshop explores the practical implementation of Enhanced Cognitive Behaviour Therapy (CBT-E) for eating disorders, with an emphasis on the shared challenges clinicians face when trying to apply an evidence-based protocol in the realities of everyday clinical work. In keeping with the conference theme, “Narrowing the gap between research and clinical care,” the workshop invites participants to reflect on how CBT-E can be delivered in a way that is both clinically feasible and faithful to the treatment’s key mechanisms of change. Rather than presenting a rigid set of rules, the workshop aims to create space for dialogue, questions, and critical discussion about what it means to implement CBT-E safely and responsibly. Many services encounter organisational constraints, limited resources, and complex patient presentations that make it difficult to follow the protocol exactly as described. The workshop therefore focuses on helping participants think through these challenges, consider the implications of different adaptations, and develop a clearer understanding of where the boundaries of CBT-E lie.

The aim is to support participants in finding realistic, context-sensitive ways to work with CBT-E while maintaining the essential components that underpin its effectiveness.

Learning objectives for the workshop: Identify the core components of CBT-E that should be preserved, reflections on which adaptations may be feasible and which risk drifting too far, consider strategies for navigating clinical constraints without compromising safety or evidence-base, develop ideas for strengthening CBT-E implementation in their own settings.

The workshop is designed as an open, collaborative forum where participants are encouraged to share experiences, raise questions, and explore uncertainties related to implementing CBT-E in real-world settings. Rather than prescribing a single “correct” way to work, the interactive elements aim to help participants think critically about their own practice and the decisions they make in balancing fidelity with feasibility.

Participants will engage in role-plays that illustrate common clinical dilemmas such as introducing weighing, working with food records, or guiding exposure where the tension between maintaining key components and adapting to patient needs often becomes most visible. These exercises are not about performing the “perfect” CBT-E intervention, but about exploring what happens when we drift, why drift occurs, and how we might gently steer back toward the core principles when needed.

Case-based discussions will further invite participants to analyse examples of adaptations, problematise their potential impact, and consider how similar situations arise in their own services.

The overarching intention is to help participants develop a more nuanced understanding of CBT-E implementation that empowers them to judge for themselves when they are working within the model and when they may be moving too far away from it, always with the patient’s best interest at the centre.