## **CBT-E Map for younger patients ASSESSMENT/PREPARATION** STEP ONE: STARTING WELL AND DECIDING TO CHANGE • Engaging the patient in treatment and change · Establishing real-time self-monitoring · Establishing collaborative in-session weighing · Providing education Jointly creating the personal formulation • Introducing a pattern of regular eating • Thinking about addressing weight regain (in underweight patients) Involving parents STEP TWO: ADDRESSING THE CHANGE **Focused CBT-E modules** Underweight & Undereating (in underweight patients) **REVIEW SESSIONS\*** Body Image Conducting a joint review of progress Dietary Restraint Identifying emerging barriers to change Events and Mood Changes · Reviewing the formulation Setbacks & Mindsets Deciding whether to use the broad form of **Broad CBT-E modules** CBT-E Clinical Perfectionism • Planning the rest of treatment Core Low Self-Esteem Interpersonal Difficulties \*One after Step One in non-underweight patients; Mood Intolerance every 4 weeks in underweight patients **STEP THREE: ENDING WELL POST-REVIEW SESSIONS** · Ensuring that progress is maintained After 4, 12 and 20 weeks • Minimizing the risk of relapse