

CENTRE FOR MENTAL HEALTH

Seminar Series

The University of Melbourne



MELBOURNE SCHOOL OF
POPULATION & GLOBAL
HEALTH

Mechanisms of Change in Eating Disorder Patients with and without Childhood Trauma

Presenter: Maren Kopland

Thursday 3 November 2022

1.00pm—2.00pm

**Seminar Room 410, Level 4, 207 Bouverie Street, Carlton
and**

Via Zoom

[https://unimelb.zoom.us/j/85300963353?
pwd=QytWN1pHMIVUS210MkJIcTdxZkU0Zz09](https://unimelb.zoom.us/j/85300963353?pwd=QytWN1pHMIVUS210MkJIcTdxZkU0Zz09)

Password: 972146



Maren is a clinical psychologist and PhD-student at the University of Oslo, Department of Clinical Psychology and Modum Bad Psychiatric Centre, Norway.

She has been working as a therapist in a specialized inpatient care unit for eating disorders since 2017. Maren is involved in a randomized controlled trial investigating mechanisms of change in therapy for eating disorder patients with or without childhood trauma.

Maren is also concerned about the lack of treatment options for patients with binge eating disorder in Norway. She has, together with colleagues at Modum Bad Psychiatric Centre, planned and carried out two pilots investigating inpatient treatment.

She is deputy chairman of the board of vocational rehabilitation business run by the local government in Modum county and has a private practice where she welcomes eating disorder patients.

One of the main issues facing the science of eating disorders is a deficient understanding of the mechanisms that cause, maintain, and change eating disorders. Patients with eating disorders combined with childhood trauma experience an earlier onset of eating disorders, demonstrate worse pathology than non-trauma patients, and have higher dropout rates. One reason might be high levels of shame and self-critique.

I will present the background and layout of the randomized controlled trial comparing compassion focused therapy and cognitive behavioral therapy and present possible mechanisms of change. I will also outline possible ways to investigate mechanisms of change further.

These seminars are free. Visitors are welcome to attend.
For more information contact the Centre for Mental Health +61 3 8344 0908