

Innovative Research at Rhodes Wood Hospital

Innovative new research is being undertaken at Rhodes Wood Hospital, Elysium Healthcare.

Cognitive remediation therapy is a novel empirically based treatment that focuses on the process rather than the content of thought and experiences. It focuses on the “How” rather than the “What” and is aimed at helping to tackle the underlying factors that may maintain eating disorders.

CRT aims to give people a better understanding of how they think, and offers some alternative strategies. It involves patients in fun and stimulating activities without the distress of focusing on the negative aspects of their illness or talking about food. Young patients with eating disorders readily engage in and typically enjoy the therapy and empirical research is finding promising results relating to its use with eating disorders.

For every child that comes to Rhodes Wood Hospital we provide a course of individual CRT. This involves asking the child to think about ‘how’ they think and involves problem solving tasks, games and puzzles. The choice of puzzles used is informed by the age, developmental status and cognitive styles of the young person and they are used to help the child to develop their thinking styles and to reflect on their strengths and the things they may find slightly harder in everyday life.

At Rhodes Wood Hospital we offer the young person CRT from the second week of their admission as it is a non-threatening approach that they can engage in from the beginning. The tasks completed in CRT focus on a range of thinking styles such as: flexibility, planning and seeing the ‘bigger picture’ amongst others. Research has found that CRT is useful at admission as it helps children to engage with their treatment and that it is promising as a novel treatment for eating disorders (Lindwall, C., Owen I, Lask B. 2013; Lock et al. 2013).

Alongside the clinical CRT programme, at Rhodes Wood, the hospital are also running a CRT research programme in collaboration with Kings College London. This aims to access the outcome of the work that is being done on individual CRT and to help disseminate the findings.

Dr Sophie Nesbitt
Consultant Clinical Psychologist
Dr Lucia Giombini
Highly Specialist Clinical Psychologist

