

“Family-Based Treatment: Advanced Skills Workshop”

(Endorsed by the Training Institute for Child and Adolescent Eating Disorders and hosted by CEED)

Presented by: Andrew Wallis, Dr Linsey Atkins & Maria Ganci, Faculty Members of the Training Institute for Child and Adolescent Eating Disorders

Workshop Outline:

Family-Based Treatment is currently the treatment of choice for children and adolescents with Anorexia Nervosa. While the treatment directives are easily understood - implementation requires a high level of skill, attention to detail and persistence from both therapist and family to be effective. Translating the theory into practice can be very challenging given the nature of anorexia.

This Advanced Skills Workshop endorsed by the *Training Institute for Child and Adolescent Eating Disorders* provides the opportunity to strengthen and enhance therapist skills. The program has three components:

1. Brief update on practice issues based on the recent scientific literature.
2. Focus on challenges to both treatment and implementation, the development of micro skills to improve the tone and process of therapy. The importance of understanding and utilising the parallel process between therapist and family. We will cover strengthening parent engagement, enhancing adolescent competence and managing the therapeutic relationship across the phases of treatment.
3. An opportunity for case consultation at the end of the day to utilise the ideas discussed.

Places are limited to ensure participants have the opportunity to fully participate and meet their learning goals.

Date:	Wednesday November 19th 2014, 9.00am – 4.30pm
Venue:	Poplar Learning Centre Building D, Room 1 Orygen Youth Mental Health (OYH), NWMH Parkville Campus 35 Poplar Road, PARKVILLE, Victoria
Target Audience:	Mental health professionals who have completed the Introductory Family-Based Workshop (2 days) and are working with FBT for adolescents with anorexia nervosa
Cost:	\$250.00 (Lunch, morning and afternoon tea will be provided)
Applications close:	C.O.B. Friday 7 th November 2014
Registrations:	Go to: http://www.trybooking.com/BXKG

Seminar content enquiries: **Maria Ganci** – maria.ganci@rch.org.au Ph: 0422 571 961

PLEASE REMEMBER:

Your registered place is not confirmed for this workshop until you receive a confirmation email from CEED after the close of application date. If you do not receive a confirmation please call:

Amira Campana on (03) 8387 2673 or email amira.campana@mh.org.au

Places are limited. After registration, if you are unable to attend, please notify CEED- 8387 2673



TRAINING INSTITUTE for child and adolescent EATING DISORDERS

The purpose of the Institute is to disseminate evidence based treatment for child and adolescent eating disorders in a quality controlled manner. In addition to both Introductory and Advanced Accredited Family-Based Training, the Institute provide accredited supervision and service development consultation.

Andrew Wallis is a Clinical Specialist Social Worker and Family Therapist. Since 1993, Andrew has worked with adolescents and their families. For more than 10 years, Andrew has focused on family therapy for adolescents with complex illness presentations and eating disorders. He is currently a clinical specialist in the Department of Adolescent Medicine and Co-Coordinator of the Sydney Children's Hospital Network Eating Disorder Service and Deputy Head, Department of Adolescent Medicine, at The Children's Hospital, Westmead. Since 2003 Andrew has been utilising family based treatment and has been central in establishing this evidence based treatment approach within the Eating Disorder Service. As well as providing training to numerous clinicians around Australia and New Zealand to use this model, he has supervised and consulted to a number of teams implementing the model into their service. He is a faculty member of the Training Institute, for Child and Adolescent Institute for Eating Disorders in the US run by James Lock and Daniel Le Grange. He is currently completing a PhD on relationship change for families during family based treatment and is involved in a number of research projects including being the clinical supervisor on a National Health and Medical Research Committee Grant (NHMRC) involving family based treatment. Andrew has published a number of articles or book chapters on family therapy and family based treatment including his first book - *A Practical Guide to Family Therapy: Structured Guidelines and Key Skills*. IP Communications: Melbourne, Australia in 2011. Andrew is a on the executive of the Australia and New Zealand Academy of Eating Disorders (ANZAED) the peak professional body for eating disorder clinicians in Australasia and is on the professional advisory board of Family Empowerment and Support for Treating Eating Disorders (FEAST).

Maria Ganci is a registered Clinical Mental Health Social Worker based at the Royal Children's Hospital, Melbourne. After earning her Bachelors degree at Monash University, Maria completed her Masters in Child and Adolescent Psychoanalytic Psychotherapy and has worked with children, adolescents and their families since 1994 in both child and adult mental health services. Maria also has a Grad Dip in Family Law Mediation and has worked at the Family Court of Australia. In 2007 Maria was one of the founding clinicians of the Specialist Eating Disorders Program at the Royal Children's Hospital and since that time has focused on providing Family-Based Treatment. Maria is currently a senior therapist involved in an RCT comparing Family-Based treatment and Parent Focused Treatment under the supervision of Daniel LeGrange. Maria also carries the training and supervision portfolio at the Royal Children's Hospital providing supervision, training and service development consultation.

Linsey Atkins, DPsych is a Senior Clinical Psychologist and Director of Hope Family Clinic an Australian based Centre that provides individual and family based treatment for adolescents and adults with eating disorders. Dr Atkins attained a Doctorate in Child, Adolescent and Family Psychology from LaTrobe University in 2002. Since this time she has specialised in the delivery of evidence based treatments for eating disorders. In 2007 Dr Atkins became Coordinator of the Family Based Treatment Eating Disorder Program at the Royal Children's Hospital in Melbourne. She has also worked as the lead therapist on an RCT comparing PFT and FBT for AN. In 2011, Dr Atkins became Team Leader of the Butterfly Day Group Program for adolescents and adults as well as Coordinator of the outpatient eating disorders program at Monash Health. Over the past 10 years Dr Atkins has completed extensive international training in treatment of eating disorders including the Maudsley Hospital, London and other specialised adolescent services in the USA. In 2009, Dr Atkins became an accredited FBT therapist with the Institute of Training in Child and Adolescent Eating Disorders. Linsey has published several articles on adolescent eating disorders and provides clinical supervision and consultation on family based treatment in private practice.

Further information – Institute www.train2treat4ed.com, Andrew Wallis adw.training.supervision@gmail.com, Maria Ganci maria.ganci@rch.org.au, Linsey Atkins dr.linsey.atkins@gmail.com