



THE VICTORIAN  
CENTRE OF  
EXCELLENCE IN  
EATING  
DISORDERS

## FAMILY-BASED TREATMENT FOR

# ADOLESCENTS WITH ANOREXIA NERVOSA

*Presented by Michelle Roberton & Jessica Ryan (CEED Clinicians)*

**THURSDAY 22 & FRIDAY 23 NOVEMBER 2018**

**9.00AM – 4.30PM**

Family-Based Treatment (FBT) is recognised as the first line, evidence-based, early intervention model of care for adolescents with anorexia nervosa (AN). FBT for AN has been developed and researched worldwide since the 1990s. CEED has developed and delivered FBT training over several years to provide workforce development in this model to suit Victorian Service conditions. In the last ten years CEED has trained to over 700 clinicians and provided service development and consultation support to implement the FBT model of care in many Victorian CAMH / CYMH Services.

### OBJECTIVES/TARGET AUDIENCE

The workshop aims to have participants gain:

- a background understanding of the historical influences on the development of FBT
- a thorough understanding of FBT practice assumptions and treatment phases
- capacity to set up and conduct FBT with a young person and their family
- capacity to address clinical dilemmas that arise during FBT
- understanding of how to implement FBT as an integrated care model across local CAMHS and Paediatric Services

The training will involve didactic, interactive and experiential practise opportunities. Prior knowledge of understanding and assessing eating disorders is assumed.

**Target Audience:** Health Professionals working with adolescents with anorexia nervosa.  
Registrations from Victorian public mental health services clinicians will be prioritised.

### TRAINING PREREQUISITE

Prior completion of Modules 1, 2 & 3 of the Eating Disorders Online Learning Program:

<http://ceed.org.au/health-professionals-services/professional-development/eating-disorders-online-learning-program>  
(registration and payment for online learning is a separate process)

Registrations: <http://www.trybooking.com/OKHL> (Cost: \$95.00)

*Please note: access to the Online Program takes up to 10 days to process after registration. To allow time to access and complete the online program we recommend you register for the online training no later than 2 April 2018.*

### VENUE & BOOKING

**Venue:** Hospital Education Centre (HEC)  
Royal Melbourne Hospital - Royal Park Campus  
34-54 Poplar Road, PARKVILLE, 3052, VIC

**Cost:** Clinicians employed in Victorian public mental health services: \$150.00  
Other health professionals: \$375.00  
Morning tea, lunch and afternoon tea will be provided

**Registration link:** <http://www.trybooking.com/BXKG>. Registrations close November 15th 2018

Training content enquiries: Michelle Roberton, E: [michelle.roberton@mh.org.au](mailto:michelle.roberton@mh.org.au), T: (03) 8387 2669

**PLEASE NOTE:** Your registered place will be confirmed via email at close of registration date.