

SPECIALIST SUPPORTIVE CLINICAL MANAGEMENT (SSCM)

Presented by Dr Jenny Jordan & Dr Virginia McIntosh

FRIDAY 16 NOVEMBER, 2018

9.00AM – 5.00PM



ANZAED
AUSTRALIA & NEW ZEALAND
ACADEMY FOR EATING DISORDERS

OVERVIEW OF THE WORKSHOP

Specialist supportive clinical management (or SSCM) is a psychotherapy with a growing body of evidence, showing promising potential for the treatment of anorexia nervosa. It has two distinct components: clinical management, which involves alleviation of the symptoms of anorexia nervosa, particularly focusing on weight gain via resumption of normal eating; and a supportive psychotherapeutic approach to issues identified by the patient as important, including life issues that may impact on the eating disorder. Gini and Jenny along with other colleagues conducted the first trial for anorexia nervosa comparing SSCM with other therapies. Since then, SSCM has been included in other clinical trials, with results comparable to those of other evidence based treatments, and eating disorder specialist services in New Zealand and other countries are now using SSCM as a first-line treatment for anorexia nervosa.

ABOUT THE PRESENTERS



Dr Jennifer Jordan, *PhD, Dip Clin Psyc, FNZCC*, jenny.jordan@otago.ac.nz

Jenny Jordan is a clinical psychologist and a senior lecturer in the Clinical Research Unit, Department of Psychological Medicine at the University of Otago, Christchurch, and also works as a clinical psychologist for the Canterbury District Health Board in Christchurch New Zealand. She has been involved in delivering therapy and researching therapy process and outcomes in a series of randomised clinical trials comparing different psychological treatments for eating disorders and mood disorders as well as other clinical research projects. Jenny was an investigator and therapist on the Christchurch anorexia nervosa treatment study and with Virginia McIntosh, was involved in developing SSCM.



Dr Virginia McIntosh, *PhD, Dip Clin Psyc, MNZCCP*, gini.mcintosh@canterbury.ac.nz

Gini McIntosh is a clinical psychologist who teaches in the Clinical Psychology Programme at the University of Canterbury. In her previous position within the Clinical Research Unit, University of Otago, Christchurch Gini worked as an investigator and therapist on clinical trials for bulimia nervosa, anorexia nervosa, binge eating disorder and major depression. She has trained in CBT, IPT, metacognitive therapy and schema therapy, along with colleagues has adapted IPT for anorexia nervosa, schema therapy for depression and binge eating and MCT for depression, and has developed novel psychotherapies including an appetite focused CBT for binge eating.

Together Jenny and Gini have published three book chapters and a paper describing SSCM as used in the original psychotherapy trial and have delivered numerous SSCM training workshops to clinicians within New Zealand and internationally..

OBJECTIVES/TARGET AUDIENCE

This workshop includes a description of the key therapeutic strategies in SSCM. Tools for delivering the therapy will be presented, using practical techniques, demonstrations and case material, and discussion of commonalities and distinctions between SSCM and other psychotherapy approaches for adults with anorexia nervosa. Pre-workshop readings will be provided that describe research with SSCM.

Prior knowledge of understanding assessing and treating eating disorders is assumed.

Target Audience: Health Professionals working with adolescents or adults with eating disorders, including mental health clinicians, dietitians, social workers, psychologists, mental health nurses, occupational therapists, psychiatrists and general practitioners

VENUE & BOOKING

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

Cost: ANZAED members: \$230.00
Other health professionals: \$285.00
Morning tea, lunch and afternoon tea will be provided

Registration link: <http://www.trybooking.com/BXKG>

Registrations close: **C.O.B. Monday 5 November, 2018**

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