

# SPECIALIST SUPPORTIVE CLINICAL MANAGEMENT (SSCM)

*Presented by Rachel Knight & Michelle Robertson (CEED)*

MONDAY 14 OCTOBER, 2019

9.00AM - 5.00PM



THE VICTORIAN  
CENTRE OF  
EXCELLENCE IN  
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. SSCM commenced as a credible and ethical control treatment in an RCT with CBT-E in adult outpatients with AN (McIntosh et al., 2005, 2006) as the TAU. 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.

## OBJECTIVES/TARGET AUDIENCE

The workshop aims to have participants gain:

- Understanding of the evidence base and indicators
- Overview of SSCM model and principles
- Capacity to assessment and set up treatment
- Understanding of SSCM session structure and clinical tools
- Understanding of the multidisciplinary roles 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:** Mental Health clinicians working with adults experiencing anorexia nervosa.  
This training will also be valuable for other health professionals working with eating disorders.

## VENUE & BOOKING

<b>Venue:</b>	<b>Hospital Education Centre (HEC)   Royal Melbourne Hospital - Royal Park Campus  </b> 34-54 Poplar Road, PARKVILLE, 3052, VIC	
<b>Cost:</b>	Clinicians employed in Victorian public mental health services:	\$95.00
	Other health professionals:	\$230.00
	Morning tea, lunch and afternoon tea will be provided	
<b>Registrations:</b>	<a href="https://www.trybooking.com/BAAMX">https://www.trybooking.com/BAAMX</a> . Registrations close 7 October 2019.	

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