

# ENLISTING CARERS IN ADULT EATING DISORDER TREATMENT

*Facilitated by Belinda Caldwell & Joshua Watson*

**FRIDAY 17 MAY, 2019**

**9.00AM – 5.00PM**



THE VICTORIAN  
CENTRE OF  
EXCELLENCE IN  
EATING  
DISORDERS

This workshop provides an opportunity for clinicians and services to discuss and explore how to harness the resource that is families and carers within adult treatment in order to achieve more effective recovery outcomes. There is growing evidence in that utilising families and supports in eating disorders treatment can support recovery oriented behaviours in the home setting with the aim of reducing hospital admissions and length of treatment. Effectively supporting families and carers is also known to reduce eating disorder symptoms and decrease carer burden.

Using a symposium style of workshop, participants will have the opportunity to learn from a range of different presenters on practical strategies for integrating and including families and carers in a range of treatment models, how to address the challenges that come with working with an adult population with eating disorders, and what are the legal and policy enablers or barriers to family/carer enlistment in treatment.

## OBJECTIVES/TARGET AUDIENCE

Participants will:

- Consider the role of families and carers in supporting effective recovery
- Understand the rationale/importance for families and carer inclusion in assessment, treatment and recovery
- Hear from services about the benefits they've experienced with working with carers in adult treatment
- Consider skills in supporting families with emotional and meal support coaching
- Understand the legal obligations of mental health services to clients and families/carers, including confidentiality and information disclosure
- Hear clinical examples of transformational family inclusive practice

**Target Audience:** All health professionals working with young people and adults experiencing eating disorders. Priority will be given to Victorian public mental health clinicians and Eating Disorder Coordinators.

## PRESENTERS

- Frances Sanders, Senior Carer Advisor, Office of Chief Psychiatrist
- Dr Beth Shelton, Senior Clinician, CEED and Immediate Past President ANZAED
- Belinda Caldwell, Carer Consultant CEED, Vice Chair Eating Disorders Families Australia, and Vice Chair F.E.A.S.T.
- Victorian Mental Health Service Leaders
- Experts by Lived Experience
- Leading researchers in the involvement of carers in eating disorder treatment

## 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: \$95.00  
Other health professionals: \$230.00

Morning tea, lunch and afternoon tea will be provided

**Registrations:** <https://www.trybooking.com/BBUFP> Registrations close 7 May 2019