

WORKING WITH THE BODY IMAGE CONCERNS OF YOUNG PEOPLE EXPERIENCING EATING DISORDERS

Facilitators: CEED Senior Clinicians, Dr Emma Spiel & Jessica Ryan

FRIDAY 11 OCTOBER 2019, 9.00AM-5.00PM

Body Image concerns, body dissatisfaction and associated distress are significant predisposing and maintaining factors in eating disorders. Addressing body image concerns is an important but poorly understood and implemented feature of eating disorders treatment. Body image distress is often not directly targeted in treatments, yet body image distress can cause major difficulties for young people and families during treatment, can be fundamental to the maintenance of the eating problem, and a significant predictor of relapse.

Helping parents and young people understand, feel validated, and grow into new more accepting and compassionate relationship with their body is an important factor in eating disorders treatment and recovery. This workshop focusses on equipping clinicians to understanding key concepts in body image and body dissatisfaction, and strategies and approaches clinicians can take to support and address body image concerns for both parents and young people in eating disorders treatment

LEARNING OBJECTIVES / TARGET AUDIENCE

Intended learning outcomes:

- Increased ability to understand and formulate body image concerns as part of overall clinical presentation for young people experiencing eating disorders, in both parent-led and client-led approaches to recovery.
- Increased capacity to address body image concerns with parents and other family members during eating disorders treatment for young people
- Increased capacity to address body image concerns with individuals in eating disorders treatment

Target Audience: Mental health clinicians and other health professionals working with young people experiencing eating disorders and associated body image concerns. Priority will be given to Victorian public mental health clinicians & Eating Disorder Coordinators.

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 & afternoon tea will be provided

Registrations: Go to <https://www.trybooking.com/BDNOS> ****Please book early - Places are limited****

Registrations close: C.O.B. Friday 4 October 2019

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