

ANZAED 2019 Workshop

Management & Psychological Treatment of Eating Disorders in Adults

on Thursday 17 October, Friday 18 October & Saturday 19 October
at the Park Royal Hotel, Sydney



Speaker: Chris Basten

(B.A. Hons; M.Psychol; Ph.D.)

Chris Basten is a clinical psychologist who has previously worked in and managed a hospital eating disorders service. He has undertaken research in the field of eating disorders and has been active in training GPs and psychologists in the area for many years. Chris now works in private practice seeing clients and conducting supervision, and also consults to health services.



Speaker: Chris Thornton

(B.Sc. Hons; M.Psychol)

Chris Thornton is a clinical psychologist, teacher and researcher who specialises in the eating disorders. He has established a number of highly effective day programs, has consulted to several eating disorder units throughout NSW and has published numerous chapters and research articles in this field. Chris now works primarily in his private practice seeing clients, teaching and conducting supervision.

Workshop Overview: This three-day workshop is aimed at health professionals who have completed their clinical degree and who are interested in providing treatment for adults with eating disorders. The workshop is designed to give those clinicians the core skills to assess and plan treatment, establish a safe therapeutic framework to manage risks and comorbidities, and then conduct effective treatments. The focus is on adults with severe and complex eating disorders, especially anorexia nervosa and bulimia nervosa. The workshop commences with crucial information about the emotional, cognitive and behavioural features of the eating disorders and moves to cover the medical and psychiatric dangers associated with this condition. The training curriculum includes key elements from the ANZAED Practice Standards for the treatment of severe and complex eating disorders that are in development. The comprehensive three-day workshop is designed to prepare a clinician to be ready to accept referrals under the new Medicare item numbers for eating disorders.

Participants will learn how to conduct a thorough assessment and establish a safe therapeutic modality to deal with the medical and other dangers that are associated with eating disorders. Whilst CBT-E constitutes many of the core treatment skills at the centre of the workshop, additional clinical skills which are also core principles of a good eating disorders treatment will be taught over the three days. These will be drawn from a range of evidenced based treatments such as SSCM, MANTRA and Focal Psychodynamic Therapy. This will include managing the therapeutic relationship, knowing how to identify level of readiness for change of each client, having capacity to respond to any stage of readiness for change and increase motivation. The workshop includes lecture-style content, group discussions, role-play exercises and video and in vivo demonstrations. Extensive handouts will be provided on assessment, formulations, management approaches, treatment techniques and new Medicare Guidelines.

Registration Fee - \$720 Members; \$880 Non-Members (for 3 days including refreshments and lunch)
Please email us at anzaed@anzaed.org.au for further details on registration.