

Introduction to Eating Disorders Workshop

Working with Carers using the Janet Treasure “Skills Based” approach

SCHOLARSHIPS NOW AVAILABLE

A limited number of Scholarships are available for these 2 workshops

Introduction to Eating Disorders: (Regular Price: \$250), **Discounted Price: \$150**

Working With Carers: (Regular Price: \$300). **Discounted Price \$200**

CIRCLE WORKSHOP/RATE YOU ARE INTERESTED IN

Applications will be accepted on a first come first served basis. If unsuccessful, you will be contacted and have the opportunity to register at the normal rate, and payment will be returned.

Name: Email:.....

Mailing Address:

Suburb: State: Postcode:

Phone Mob:

Please debit my credit card to the value of \$_____ for Eating Disorder workshop

Card Number:/...../...../..... Expiry:...../.....

Name on Card:Signature: date/...../.....

Cheque attached (to “ANZAED”) **CREDIT CARD OR CHEQUE PAYMENT REQUIRED**

Date: Thursday, 25 August 2011

Venue: Crowne Plaza Hotel, Coogee Beach, Sydney

When: Registration: 9.00am. Workshop: 9.30 am – 4.30pm

More info: www.nedc.org.au or : www.anzaed.org.au

Send application to : anzaed@anzaed.org.au. **Fax:** 03 9885 1153

Clinical Training Day Introduction to Eating Disorders

Presented by:
Eating Disorder Senior Clinicians
**Victorian Centre of Excellence in
Eating Disorders (CEED)**



Eating Disorders are common mental health problems in adolescents & young women, yet many health professionals have limited experience of, or have key questions about what to do when seeing a people with these complex conditions:

- ◇ *What do I need to understand about the experience of & impact of eating disorders?*
- ◇ *Is it best to watch & wait or intervene early?*
- ◇ *Do males experience eating disorders?*
- ◇ *What risks should I be aware of?*
- ◇ *Which approaches show promise in helping clients?*
- ◇ *Should I involve the family or just the individual?*
- ◇ *Who else should I be working in collaboration with?*

As part of the **2011 ANZAED ANNUAL CONFERENCE & CLINICAL TRAINING DAY** and in collaboration with **NEDC**, **ANZAED** is very pleased to offer this one day training course for health professionals and other professionals wishing to gain a better understanding of eating disorders and their management.

Target audience: Health/mental health & other interested professionals, new to the field or wishing to refresh their knowledge in the eating disorder area.

The training is designed to assist you to:

- ◇ engage your client & conduct a comprehensive assessment
- ◇ establish a plan to work with eating disorder clients within your service context

Learning Objectives: After the completion of this workshop, participants will have:

- ◇ Increased capacity to identify & assess clients with eating disorders
- ◇ Increased understanding of the biopsychosocial impact of an eating disorder on individuals & their families
- ◇ Increased understanding of eating behaviour & the meaning/role an eating disorder has for the person
- ◇ Increased understanding of eating disorders treatment & the potential for working with eating disorder individuals within your service context; along with the limitations.

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Registration: For this workshop, ANZAED 2011 Annual Conference & other Clinical Training Day Workshop, go to: www.anzaed.org.au

For more information please contact: anzaed@anzaed.org.au

Clinical Training Day
**Working with Carers using the
Janet Treasure “Skills Based” approach**

PRESENTED BY:

NAOMI CRAFTI

EATING DISORDERS VICTORIA



When people have an Eating Disorder, this can place huge challenges on family, friends and carers. Carers are increasingly seen as requiring of support for themselves, and importantly as resources for the individual to facilitate change.

This workshop teaches the use of an evidence based model for clinicians and support workers to provide support, understanding and practical ideas in relating and responding to individuals with eating disorder.

The workshop is based on the program: “Skills Based Learning for Caring for a Loved One with an Eating Disorder” by Professor Janet Treasure et al. Elements of the program, usually delivered in a group format include:

- ◇ *Educating about eating disorders and how they are maintained*
- ◇ *Helping carers manage their own personal reactions to the eating disorder*
- ◇ *Helping carers understand how to provide a supportive and positive environment*
- ◇ *Enabling the building of vital skills for supporting individuals through the recovery process*
- ◇ *Skills in running group programs to facilitate support and skills building*

As part of the **2011 ANZAED ANNUAL CONFERENCE & CLINICAL TRAINING DAY** and in collaboration with **NEDC, ANZAED** is very pleased to offer this one day training course for health professionals and other individuals wishing to work with carers.

Target audience: Health/mental health professionals & other interested individuals wishing to build their knowledge and skills in working with carers.

The training is designed to assist you to:

- ◇ Support carers of people with eating disorders and, in doing so, help them provide additional support and reduce well-meaning interference in your therapeutic work.
- ◇ Work with carers and friends of people with eating disorders to reduce their anxiety and stress and empower them to be an integral partner in recovery.

Learning Objectives: After the completion of this workshop, participants will have:

- ◇ Increased capacity to deliver a skills based program for carers, either individual or group based.

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