

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

PRESENTED BY:
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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.

Date: Thursday, 25 August 2011

Venue: Crowne Plaza Hotel, Coogee Beach, Sydney

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

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

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

