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EDANZ Eating Disorders Association of NZ

In association with

At Home With Eating Disorders AHWED www.athomewitheatingdisorders.com

The Butterfly Foundation www.thebutterflyfoundation.org.au

And supported by

The Werry Centre <https://www.fmhs.auckland.ac.nz/en/som/about/our-departments/psychological-medicine.html>

ANZAED Australia & New Zealand Academy for Eating Disorders <http://www.anzaed.org.au>



Present

**Workshops for NZ Parents & Carers
Auckland,
Saturday 6th May 2017**

At the University of Auckland, Epsom Campus, 74 Epsom Rd, Epsom Room A201A.

REGISTRATIONS NOW OPEN

Registration rates: Full Day \$50, Half day \$30

To register online please go to this link:

<https://eating-disorder-workshops-carers.lilregie.com/step1>

EDANZ Eating Disorders Association of NZ invites all parents and carers to attend this day of information and knowledge and to learn new skills to help your loved one. This is an opportunity to hear from two of the worlds leading researchers and clinicians in the field.

**Professor Janet Treasure OBE from the UK
and
Dr Roxanne Rockwell from USA**

The workshops are for carers - that is, parents, partners, siblings, grandparents, friends - anyone, who is involved in caring for someone with an eating disorder, in a non-professional sense. We also welcome people recovering from an eating disorder and clinicians who want to learn more about and be inspired by the role of families and carers in supporting recovery; however we advise that some content may be triggering for active sufferers, and strongly suggest that sufferers bring a support person to assist them if required.

Dr Roxanne Rockwell

This workshop will discuss how to achieve parental/carer success and efficacy during mealtimes, using interventions and strategies that align with Family Based Treatment for Anorexia Nervosa. The workshop will include role-plays and audio visual material. Attendees are encouraged to bring questions, barriers, and scenarios to this presentation.

Who is this workshop suitable for?

- Parents and carers of a loved one with an eating disorder
- Clinicians (especially students) who want to gain insight into working effectively with families at mealtimes

What will the workshop cover?

- Specific parental & carer strategies at mealtime
- Maintaining carer alignment and expectations
- Different mealtime scenarios and interventions and setting the expectation for success
- Effective mealtime communication
- Enhancing parent/carer efficacy

Learning objectives:

- The attendees will learn parental/carer strategies that can be utilised across various settings including home, outpatient care, and higher levels of care.
- The attendees will learn effective solutions to mealtime distress and how to maintain parental/carer alignment and agreement.
- The attendees will have the opportunity to hear similar scenarios, to ask questions, practice interventions and take home new mealtime strategies.



About Roxanne Rockwell

Dr Roxanne Rockwell is an assistant clinical professor in the Department of Psychiatry and the director of a world class adolescent eating disorder treatment service at the University of California (San Diego). This service is second to none in the manner in which it engages families in a collaborative relationship with the clinicians, providing education, and promoting the principles of recovery.

Dr Rockwell has played a primary role in devising and building the innovative individual and multi-family Intensive Family Therapy programs and the adolescent day treatment and intensive outpatient programs. Her clinical and research work focuses primarily on eating disorders (anorexia, bulimia and binge eating disorder) and weight management issues.

Professor Janet Treasure

Who is this workshop suitable for?

- Parents and adult family of a loved one with an eating disorder
- Clinicians (especially students) who want to gain insight into working effectively with carers

What will the workshop cover?

- What we know about how and why eating disorders develop and become embedded
- How and why relationships become difficult to manage
- Recognising caregiver styles – animal metaphors.
- How instinctive responses can sometimes hinder rather than help recovery
- Communication skills
- Supporting the cognitive, emotional and social factors that lead to change
- Providing a bridge to a social identity

Recommended Reading

During her illustrious career, Janet has edited seven academic texts on eating disorders and authored three self-help books:

Anorexia Nervosa – a survival guide for families, friends and sufferers

Janet Treasure

New edition with June Alexander available April 2013 Routledge ISBN: 0-86377-760-0

Skills-based Learning for Caring for a Loved One with an Eating Disorder

Janet Treasure, Grainne Smith and Anna Crane (second edition) 2017. Publisher: Routledge. ISBN: 978-0-138-82663-2.

Getting better bit(e) by bit(e)

Ulrike Schmidt & Janet Treasure

New edition with June Alexander 2015:

Publisher: Routledge

ISBN: 978-1138797376



About Janet Treasure

Professor Janet Treasure has more than 30 years of experience in the treatment and study of eating disorders. She is currently Director of the Eating Disorders Service in the South London and Maudsley Hospital, which is a world epicentre for developing better treatment and training clinicians in the management of eating disorders. She is also Professor of Psychiatry at University College London, and a fellow of the Academy of Eating Disorders.

Professor Treasure has been active in a number of research projects and has over 150 peer reviewed papers in print; she has also supervised over 20 PhD students in eating disorders research. Much of her research into and development of new treatments has been carried out collaboratively with, and has inspired by, patients and their families.

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ANZAED Australia & New Zealand Academy for Eating Disorders <http://www.anzaed.org.au>



Present

Workshops for NZ Clinicians Auckland, 5 May 2017

At the University of Auckland, Epsom Campus, 74 Epsom Rd, Epsom.

Inviting all health professionals and students involved in the diagnosis and treatment of eating disorders interested in training from two of the leading researchers and clinicians in the field.

Dr Roxanne Rockwell & Prof Janet Treasure

REGISTRATIONS NOW OPEN

Registration rates: Full day \$200 Half day \$120

To register online please go to this link:

<https://event-eating-disorder-workshops-clinicians.lilregie.com/step1>

Please help spread the word and share with colleagues you know that might be interested.

9am -12.30pm Room A201A	Dr Roxanne Rockwell ; Director of the University of California San Diego (UCSD), Adolescent Eating Disorders Service	Adapting FBT for adolescent eating disorders across levels of care: incorporating “evidence based treatment” & “practice based evidence”
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1.30pm - 5.00pm Room A201A	Professor Janet Treasure; South London and Maudsley Hospital and Kings College London	Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA): Where are we now and where are we going?
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Dr Roxanne Rockwell;

Remarkable progress has been made in developing family based treatment (FBT) for adolescent eating disorders, although, there is a growing literature documenting the gap between research and clinical practice.

The aim of this workshop is to increase understanding and enhance skills in the treatment of adolescents who have not been able to engage with treatment or benefit from FBT for their eating disorders.

The focus of the workshop will be on identifying key similarities and differences in “evidence based treatment” vs. “practice based evidence” while addressing:

1. Adjunct treatments for FBT including Multi-Family Therapy
2. Temperament Based Case Conceptualization
3. Integration of Parent Skills Training and Contracting

About Dr. Roxanne Rockwell

Dr. Roxanne Rockwell is the Director of the University of California San Diego (UCSD), Adolescent Eating Disorders Service. She has experience in the research, evaluation and treatment of eating disorders and paediatric obesity since 1999. She was one of the founding members of the UCSD Eating Disorders Program in 2005, and has been integrally involved in its development and expansion. Dr. Rockwell played a primary role in devising and building the innovative individual and multi-family Intensive Family Therapy (IFT) programs and the adolescent day treatment and intensive outpatient programs.



As a certified Family-Based (i.e., “Maudsley”) Therapist, she served as the primary IFT program therapist for several years, and currently both conducts FBT with families and provides training and supervision in this modality for staff in the adolescent eating disorders program. She began a Parent Advisory Committee (PAC) for the adolescent

programs in 2012 and continues to develop this important service.

Dr. Rockwell graduated from the California School of Professional Psychology at Alliant International University, and completed pre-doctoral internship at Rady Children's Outpatient Psychiatry which involved working with children and families dealing with various psychiatric illnesses. Her clinical and research work focuses primarily on eating disorders (anorexia nervosa, bulimia nervosa and binge eating disorder) and weight management issues. She serves as a LEAD Fellow and Diversity Champion for the Office of the Vice Chancellor for Equity, Diversity, and Inclusion at UC San Diego.

Professor Janet Treasure

The cognitive-interpersonal maintenance model for anorexia nervosa includes predisposing factors such as obsessive compulsive features and anxious avoidance (particularly of close relationships) that increase the vulnerability to AN. These traits contribute to the maintenance of the disorder by linking with anorexia nervosa beliefs and behaviours.

Malnutrition accentuates these traits and as problems in social communication and emotional regulation increase, interpersonal relationships deteriorate and the individual becomes isolated within the illness. This model of understanding AN has been validated by emerging neuropsychological and treatment focused research.

MANTRA was devised to target the various facets of the model, has been manualised and there is a workbook for patients and carers. A cognitive remediation approach is used to moderate OCPD traits and a variety of methods are used to improve social emotional communication. Letters writing is used to share the formulation and goals. Family and close others are actively involved in treatment as part of the focus on improving social functioning.

Two randomised controlled trials have compared MANTRA with optimised clinical management SSCM. The outcomes were similar between the two forms of therapy. The intervention has been adapted for a form of internet delivery as a supplement to outpatient care as recovery MANTRA in the SHARED project. An additional form of self-care, internet delivery in MANTRA has been used as a supplement for inpatient care. The development of the cognitive interpersonal model is continuing, along with implementation science. It is possible that new brain directed treatments targeting trait vulnerabilities can be added as supplements to MANTRA.

The aims of this workshop are to:

- Give an update on the cognitive interpersonal model and how this has incorporated new findings about risk and maintaining factors and led to adaptations of the treatment
- To briefly look at the outcome from the published data and from newer adaptation of the method
- To demonstrate how this has been developed to be used as moderated forums and on line chat

About Professor Janet Treasure, OBE PhD FRCP FRCPsych:

Professor Janet Treasure has specialised in the treatment of eating disorders at the South London and Maudsley Hospital and also has had an academic career Kings College London for the majority of her career. The unit is one of the premier European academic centres for eating disorders. We have co-produced interventions with recovered patients and carers using some of the newest technologies including iPod, DVDs and web based as part of our interventions.

Janet Treasure was made a Professor of Psychiatry in 2000. In 2013 she was given an OBE for her work in eating disorders. Her research has led to greater understanding of, and better treatments for, anorexia and bulimia.

As well as editing professional texts, Janet has written several self-help books for people with eating disorders (Schmidt & Treasure, 1993; Treasure, 1997) .

