

# CONNECTED

The latest news and updates from the Victorian Centre of Excellence in Eating Disorders



## Welcome to the latest edition of **CONNECTED**

CEED's role is to strengthen the system of care in order to provide excellence in eating disorder treatment. To achieve our vision, CEED supports the establishment of a clear and accessible system of care for clients and carers with eating disorders, that facilitates early identification and a responsive service system. CEED works on assisting the mental health and broader health systems in the provision of and continued development of treatment and care for eating disorders clients and their families.

**CEED's Vision:**  
Victorians will have access to a world-class system of care for the treatment of eating disorders

### In This Issue

Latest CEED News

FBT

MFT Reflection

FYI

Online Learning

LEAP

Meet the Team

## Latest News from CEED

- ◆ **Career Opportunity at CEED:** We are looking for a dynamic, highly motivated, compassionate, recovery focused Mental Health Nurse, Clinical Psychologist, Occupational Therapist, Dietitian or Social Worker who enjoys and thrives working in a vibrant and creative team, to join CEED.

Call to find out more – Claire Diffey 03 83872668

A position description and application process is available on the Melbourne Health On-line Recruitment system at:

<https://melbournehealth.mercury.com.au/> Position Number: 37820

- ◆ Save the date: On the 16th March 2018, CEED is hosting a one day forum for CAMHS/CYMHS and others involved in the system of care for young people with eating disorders. The forum will both celebrate the successes of and look to the improvements still needed for this vital sector.

- ◆ Following CEED's earlier work in Multi-Family Therapy for Adolescent Anorexia Nervosa (MFT-AN) and the training (see p.2 MFT-AN reflections), there will be an expansion of CAMHS and CYMHS services working with CEED and providing this researched therapy which is highly valued by families and clinicians. Bendigo Health CAMHS & Eastern Health CYMHS will both provide the 4 day intensive therapy in the coming weeks, and Barwon Health early 2018.



## CEED Training: FBT for AN

**\*\*REGISTRATION DEADLINE EXTENDED TO 1st NOVEMBER 2017\*\***

### Family-Based Treatment for Adolescents with Anorexia Nervosa (FBT) Thursday 9th & Friday 10th November 2017, 9:00am-4:30pm

Family-Based Treatment (FBT) is recognised as the first line, evidence-based, early intervention model of care for adolescents with anorexia nervosa (AN). FBT for AN was originally developed at the Maudsley Hospital UK in the 1990s. **Prof Daniel le Grange & Prof James Lock** are the international leaders in the development & application of this approach as an evidence-based practice and have published treatment manuals and parent guides. CEED has delivered and developed FBT training over several years to provide training in this model to suit Victorian Service conditions. In the last four years CEED has provided FBT training to over 400 clinicians and provided service development and consultation support to implement the FBT model of care in many Victorian CAMH / CYMH Services.

For more information, please visit the CEED training page: <http://ceed.org.au/training-and-events>

### CEED Reflection: Multi-Family Therapy for Adolescent Anorexia Nervosa

This month CEED were excited to host a 4 day intensive training workshop in Multi-Family Therapy for Adolescent Anorexia Nervosa (MFT-AN), facilitated by Andrew Wallis from Westmead Children's Hospital.

MFT-AN is an intensive group program run by the Maudsley Hospital in the UK since 2000 for families with a young person experiencing AN. The program involves 5-7 families attending an intensive 4 day workshop, followed by 5-6 single day workshops over a 6-9 month period. MFT-AN draws on the principles of single family therapy for AN (FBT-AN) and consists of

structured and guided activities, including active support at meals, group therapy, family therapy and psychoeducation along with creative and reflective activities.



#### Multi-family therapy training

with Andrew Wallis,  
Westmead  
Children's Hospital  
& CEED Team  
9-12 October 2017



MFT-AN promotes a return to physical wellbeing through weight gain and normal eating, as well as encouraging appropriate adolescent development and strengthening family relationships. MFT-AN provides an intense, collaborative environment for families to share experiences and practice new ways of doing things.

CEED first introduced MFT-AN to Victoria in 2015, and has run the program in partnership with Alfred CYMHS, Eastern CYMHS and Barwon Eating Disorder Service. Members of the CEED clinical team participated in the workshop, as well as clinicians from CAMHS and CYMHS services across the state.

Following the training the CEED MFT team reflected on the importance of the systemic framework in grounding and guiding the facilitators throughout MFT. Andrew presented this systemic framework as being grounded in theory of; Emotion, Adolescent development/family lifecycles and Attachment, and is integral in guiding all of the treatment and support clinicians provide to young people experiencing an eating disorder and families. Another valued component of the training was a reminder of the way MFT encourages and values the adolescents' perspective, keeping it front and centre when working towards developing adolescent competencies and refurbishing family attachment during the therapeutic process. Other key reflections and a few catch-phrases the CEED team have become fond of are;

"The difference that makes a difference"; "Hope is the antidote to despair"; "Firmness, warmth, high expectations".

CEED has committed to continue to provide this program to Victorian families in collaboration with CAMHS and CYMHS and to work with services to build clinician experience and skills to provide MFT-AN more widely in Victoria. CEED are facilitating two upcoming MFT groups in 2017 in partnership with Bendigo and Eastern Health CAMHS.

## Featured CEED Service

### Feed Your Instinct (FYI) online tool

This interactive resource has been devised to help families of 10 – 20 year-olds to assess the early warning signs of eating disorders in their child. Critically, this tool provides an individualised evaluation of the behaviours the family is observing via a step-by-step Q&A format. Once users progress through the Q&A, they finish with a printable PDF report personalised to their child's experience, which they can take to their local GP for action.



This unique report empowers families to act earlier, equipping them with the language and insights to convey their observations effectively to health professionals, and obtain accurate diagnosis as the illness is emerging. It is the first time in Australia that such a personalised tool has been developed for this illness. The report also provides GPs with best-practice guidelines for further assessment and diagnosis. ROAR is supported by the Victorian Government.

To visit Feed Your Instinct go to <http://www.feedyourinstinct.com.au>

## CEED Online: Eating Disorders Online Learning Program

The Eating Disorders Online Learning program modules 1,2,3 is a **compulsory** pre-requisite for attending the CBT-E or FBT training. The Eating Disorders Online Learning program, created by our partners CEDD in NSW, is designed for all professionals working with eating disorders, and includes 5 modules with introductory to advanced levels of theory, practice knowledge and resources to work in eating disorders.

For more information or to register for a place, **please visit:** <http://www.trybooking.com/OKHL>

## Journal of Eating Disorders Training: LEAP Workshop

### Clinical Management of Compulsive Exercise in Eating Disorders Friday 24th November 2017, 10:00am-4:00pm Professors Phillipa Hay and Stephen Touyz

The majority of people with anorexia nervosa (AN) and many with other eating disorders engage in compulsive exercise. Along with researchers at Loughborough University, Professors Touyz and Hay have developed and researched a new approach to the management of compulsive exercise. This approach is fully integrated with cognitive behaviour therapy and has been tested in controlled trials, in group as well as individual formats. This approach moves beyond merely "allowing" exercise following weight regain to directly addressing the psychological underpinnings of compulsive exercise and moving towards a positive reintegration of exercise in the person's life.

For more information or to register for a place, **please visit:** <http://jeatdisord.weebly.com/melbourne-workshop.html>  
Enquiries: [jfree38@gmail.com](mailto:jfree38@gmail.com)

## Meet the Team

### Introducing Alex Hillman, Eating Disorders Clinician

#### What does your role at CEED entail?

My role at CEED is funded for project work in the service development area, however I also work within our consultation and training areas. I started at CEED in August, and have been focussing on getting to know the services across Victoria- the people and structures; as well as looking at scoping for specific service development projects. My professional experience is in the adult mental health sector and my role has been focussed around work in this area. I have also had the pleasure of attending the variety of training opportunities that CEED host, which has been a fantastic opportunity for skill enhancement and preparing me for training delivery next year.



#### What are you working on at the moment?

I have been working on scoping the use of sensory approaches in the field of eating disorders, and am planning to present this to the team before the end of the year. I've also been working with the service development team on planning projects in collaboration with regional and metro services in the state. In particular, I am currently reviewing the Beyond Diets program and exploring options to deliver this in partnership with adult services.

#### What are you passionate about or aspire to do within the ED field?

I am passionate about improving accessibility of treatment and support for clients and families experiencing an eating disorder. I believe this is best achieved by mainstreaming service delivery, upskilling service providers as well as improving understanding of prevalence and impact on wellbeing. I am also interested in early intervention and the importance of a community response to prevention and treatment, and aspire to work in this area.

#### Where do you see ED treatment in 10 years time?

I see support and treatment for EDs being much more broadly available across the system of care in Victoria- from early intervention, primary care, to tertiary. The community will also have a broader understanding of disordered eating for people of all bodies, with a greater focus on holistic lifestyle for positive health outcomes rather than dieting, food fads and weight management. I also hope to see the area of peer and consumer led recovery being utilised and acknowledged more in this area as it is in other areas of mental health.

## Our Services



**Case consultation**



**Carer consultation**



**Professional Development & Training**



**Resources**



**Service Development**



**Feedback**

As CONNECTED is a new initiative from CEED, we would appreciate any feedback regarding the content of this newsletter. Is there anything you think would be helpful to include? Please contact [ceed@mh.org.au](mailto:ceed@mh.org.au)

<http://www.ceed.org.au/>

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