



THE VICTORIAN
CENTRE OF
EXCELLENCE IN
EATING
DISORDERS

CEED Webinar Series

RO-DBT for adolescents with AN

Presented by Julian Baudinet & Tanya Gilmartin

THURSDAY, NOVEMBER 26, 2020, 7:30PM – 8:30PM

Radically-Open-DBT (RO-DBT) is a transdiagnostic treatment, which is based on neurobiological research and behavioural principles. RO-DBT was initially developed for individuals with treatment resistant depression and over-controlled personality disorder (OCPD), Avoidant PD and Schizoid PD. Preliminary outcome trials have also indicated some effectiveness for individual with anorexia nervosa.

OBJECTIVES/TARGET AUDIENCE

This webinar will introduce key features of RO-DBT, and how the underlying Neurobiological theory can assist clinicians in understanding anorexia. The presenters will discuss how RO-DBT has been integrated into eating disorder programs and explore some of the positive outcomes that have been observed. Objectives include:

- Introducing RO-DBT as a transdiagnostic approach
- Provide an overview of why addressing bio-temperament may improve outcomes for individuals with anorexia
- Suggest some examples of strategies that may be helpful for addressing bio-temperament
- Providing an overview of considerations for using RO-DBT principles in working with adolescents, and how this may complement other treatments.

Target Audience: Victorian mental health clinicians

** The recording of this webinar will not be widely available, but access to the recording can be granted following contact with CEED**

PRESENTERS

Julian Baudinet Principal Clinical Psychologist at the Maudsley Centre for Child and Adolescent Eating Disorders (MCCAED)	Tanya Gilmartin Senior Clinician, Centre of Excellence in Eating Disorders (CEED)
Julian currently works with young people with eating disorders in outpatient and day patient settings at the Maudsley Hospital. His work primarily focuses on developing and modifying treatments for when young people feel stuck in treatment. He is actively involved in the RO-DBT institute and is part of both the adolescent and research steering committees.	Tanya is a senior Clinical Psychologist with a clinical background in working with personality disorders, with a specific research and clinical interest in understanding the relationship between personality disorders and eating disorders. She is intensively trained in RO-DBT and has experience treating adults with anorexia using this approach.

VENUE & BOOKING

Venue: Webinar via Zoom

Cost: Free Webinar

Registration link: <https://www.trybooking.com/BLOUK>

Registrations close: C.O.B. Friday 20 November, 2020

Seminar content enquiries: Tanya Gilmartin E: tanya.gilmartin@mh.org.au, T: (03) 0438 160 685

Administrative enquiries: Jessica Jordan, E: Jessica.Jordan@mh.org.au T: (03) 8387 2673

PLEASE NOTE: Your registered place will be confirmed via email at close of registration date.