

# ADVANCED TRAINING IN EATING DISORDER

## FOCUSED FAMILY THERAPY SKILLS

*Presented by Dr Andrew Wallis*

**THURSDAY 2 & FRIDAY 3 MAY 2024**

**9:00 AM – 4:30 PM**



THE VICTORIAN  
CENTRE OF  
EXCELLENCE IN  
EATING  
DISORDERS

CEED is excited to be hosting Dr Andrew Wallis to offer an advanced training in working with adolescents with anorexia nervosa and their families. This workshop is for mental health clinicians, experienced with family-based therapy for eating disorders, who want to reflect on and develop a stronger focus on therapy processes with families, while also maintaining fidelity to the treatment structure and goals.

### OBJECTIVES/TARGET AUDIENCE

Over the two days we will think about, and develop skills to:

- Establish a secure base for therapy that meets the family at the right place and in the right way
- Implement a relational framework alongside the core principles of eating disorder focused family work
- Manage common in session dynamics such as parental discord, misattuned interactions, strong emotions, and poor participation.
- Implement interviewing skills that support parents and children to talk in session using questions, reflections and attuned responding.

The workshop will have a strong reflective component and will serve as an opportunity to consider what you value and what you want to think more about in your work with families.

### TRAINING PREREQUISITE

Prior completion of family-based therapy training, and significant clinical practice experience of providing this treatment (e.g. worked with a minimum of 5 – 10 families utilising this model).

### PRESENTER



**Dr Andrew Wallis** is a systemic family therapist and clinical social worker with almost 30 years' experience working with young people and their families. Andrew was part of the team that introducing Family Based Therapy for Anorexia Nervosa to Australia at The Children's Hospital, Westmead in 2003 and then Multiple Family Therapy in 2014. Throughout the 2010's he had multiple immersive learning experiences at the Maudsley Hospital in London and then at Drexel University in Philadelphia learning Attachment Based Family Therapy. Since the mid-2000's he has provided consultation, clinical supervision, and training to numerous clinicians in private practice and public health settings across Australasia. Andrew

is an author of numerous academic papers including his PhD research investigated the impact of family therapy on families experiencing Anorexia Nervosa. Andrew is the co-author of *A Practical Guide to Family Therapy* in 2011, *Multiple Family Therapy for Anorexia Nervosa Treatment Manual* in 2021 and a book for parents - *Help Your Child Start to Recover from Anorexia Nervosa* in 2022. Andrew has been involved over many years with ANZAED and NEDC Executive. Most recently as a member of the eating disorder credentialing and training expert advisory panels and is now on the ANZAED Credentialing Governing Council and the editorial board of *Journal of Eating Disorders*. Andrew is also Co-Lead of Sydney Children's Hospital Network Eating Disorder Service, a specialist service providing inpatient, outpatient and intensive day program in Sydney.

## VENUE & REGISTRATION

**Venue:** HEC Room | Royal Melbourne Hospital – Royal Park Campus | 34-54 Poplar Rd | Parkville Vic

**Cost:** Clinicians employed in Victorian public mental health services: \$350.00  
Other health professionals: \$550.00

**Registration:** <https://www.trybooking.com/CNQVP>

**NB:** Book early, places are limited

**\*\* Registrations close COB 24<sup>th</sup> April 2024 unless sold out prior \*\***

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