

# FAMILY-BASED TREATMENT FOR ADOLESCENT ANOREXIA NERVOSA (FBT-AN)

*Presented by CEED Senior Clinicians & CEED Senior Lived Experience Advisor*

Delivered over **two full-days** (in person)

Thursday 13 & Friday 14 June, 2024, 9:00am – 4:30pm (AEST)



Family-Based Therapy for Anorexia Nervosa (FBT-AN) is recognised as the first line, evidence-based model of care for adolescents with anorexia nervosa (AN) and atypical AN. FBT was first developed at the Maudsley Hospital in the UK in the 1980s, with further research conducted worldwide and the publication of a treatment manual in the US in the early 2000s.

FBT-AN is a specific type of family therapy that incorporates a number of family therapy approaches in a structured way. The focus is on directly supporting both physical and psychological recovery of the adolescent, within an attachment rich framework. FBT-AN is organised into three phases of treatment. The initial phase of treatment empowers parents to take charge in the nutritional renourishment of their child. In the second phase, the adolescent is supported to gradually return to developmentally appropriate independence around food and exercise. The final phase focuses on exploring adolescent issues, and helping both the adolescent and family get back on track with their lives.

CEED has developed and delivered FBT-AN training over more than a decade to provide workforce development in this model to suit Victorian Service conditions.

## OBJECTIVES/TARGET AUDIENCE

In completing training participants will have:

- A background understanding of the historical influences on the development of FBT
- Sound understanding of the core principles of FBT
- Ability to set up treatment well
- Capacity to conduct FBT with a young person & their family
- Introductory skills into how to address clinical dilemmas that arise during FBT

The training will involve didactic, interactive and experiential practise opportunities. Prior knowledge of understanding and assessing eating disorders is assumed.

**Target Audience:** Health Professionals working with adolescents experiencing anorexia nervosa.  
Registrations from Victorian public mental health services clinicians will be prioritised.

## TRAINING PREREQUISITE

The FBT-AN training forms part of the advanced treatment training component of the CEED comprehensive eating disorders training. Prior completion of an introductory training in eating disorders before attending FBT-AN Training is essential.

Recommended Introductory Training:

- **Inside Out Institute's Eating Disorders Essentials Training** (Modules 1, 2 & 3). Please note: ED Essentials online training consists of approx. 17 hrs of Professional Development. Please allow time to register and complete this training.
- **NEDC Eating Disorder Core Skills: eLearning for Mental Health Professionals**

Click [HERE](#) to register for either training.



## VENUE & BOOKING

<b>Venue:</b>	<b>HEC Room</b>   Royal Melbourne Hospital – Royal Park Campus   34-54 Poplar Rd   Parkville Vic	
<b>When:</b>	Delivered over <b>two full-days</b> Thursday 13 & Friday 14 June, 9 – 4:30pm	
<b>Cost:</b>	Clinicians employed in Victorian CAMHS/CYMHS:	Fully Subsidised
	Vic public mental health employees/clinicians:	\$225.00
	Other health professionals:	\$500.00
<b>Registrations:</b>	<a href="#">LINK</a> Registrations close <b>COB 6 June 2024</b> , unless sold out earlier Book Early: Places are limited.	

**Certificate requirements:** Attendance & participation in **both** days & completion of pre and post training evaluation

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