



THE VICTORIAN
CENTRE OF
EXCELLENCE IN
EATING
DISORDERS

MULTI-FAMILY THERAPY FOR ADOLESCENT ANOREXIA NERVOSA

Presented by Andrew Wallis & Jess Ryan

Monday 22nd – Thursday 25th July 2024

9.00 AM - 4:30 PM

This training will provide mental health clinicians with an introduction to Multi-Family Therapy for Anorexia Nervosa (MFT-AN) through immersive experiential activities and didactic learning. The training is based upon MFT-AN as manualised in 'Multi-Family Therapy for Anorexia Nervosa: A Treatment Manual' (Simic et al., 2021).

WHAT IS MULTI-FAMILY THERAPY FOR ANOREXIA NERVOSA (MFT-AN)

Multi-family therapy has a long history as a treatment for a range of psychological difficulties (Laquer et al., 1964; Gelin et al., 2018) including adolescent anorexia nervosa (Simic & Eisler, 2015).

MFT-AN is an intensive group program for families with a young person experiencing anorexia nervosa (AN). The program involves 5-8 families in an intensive 4-day workshop, followed by a number of single day workshops over a period of several months. 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.

MFT-AN promotes a return to physical wellbeing through weight gain and normalised 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.

OBJECTIVES/TARGET AUDIENCE

The training workshop utilises material from the Maudsley MFT training with attention to the Australian context.

Participants will:

- Learn the key MFT-AN treatment concepts
- Experience the activities used in the 4-day workshop
- Understand the facilitation skills needed for successful implementation

The workshop will run as an experiential group so participants will see the facilitation skills demonstrated and have an opportunity to practice. Participants who attended previous MFT training reported that the workshop was very helpful for their work as FBT clinicians.

TRAINING PREREQUISITE

Prior completion of training and clinical practice of Family-Based Treatment (FBT) is required.

PRESENTERS



Andrew Wallis is a Systemic Family therapist, Clinical Specialist Social Worker, and Eating Disorder Service Lead at Sydney Children's Hospitals Network. Andrew has trained extensively with the developers of MFT-AN since 2011, including facilitating MFT-AN at the Maudsley Hospital in the UK and co-facilitating MFT-AN training with Ivan Eisler in Sydney in 2015. Andrew is the co-author of Multi-Family Therapy for Anorexia Nervosa: A Treatment Manual.



Jess Ryan is a Clinical Psychologist & Family Therapist at the Victorian Centre of Excellence in Eating Disorders (CEED). Jess is the Child & Youth Services Team Leader at CEED, and the Clinical & Project Lead of MFT in Victoria. Jess has been involved in the facilitation of MFT-AN across Victoria, and has extensive experience in FBT, including facilitating FBT training, supervising clinicians and working directly with families using this framework.

CEEDS' COMMITMENT TO/INVOLVEMENT IN THE DELIVERY OF MFT-AN

CEED has been privileged to work with Victorian services for almost a decade to provide MFT-AN to families with very strong and positive responses. As a result of positive feedback and outcome for services, clinicians and families in response to MFT-AN, 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 and sustainably in Victoria.

What Families Say about MFT:

... We are walking away as a family – stronger and united, sharing stories and the openness of the other families- we are not alone. (mother)

... it is extremely beneficial and brilliant to be a part of. (young person)

... My experience was extremely helpful, not only to me but my family as well. It was intense but in a good way. (young person)

... Sensational. After being overwhelmed by the reality of the AN assessments, I (we) didn't feel ready to accept or participate. Upon completion, I feel so pleased to have made the effort. (father)

Almost every single family member who have participated in MFT-AN in Victoria, including the young people experiencing AN, have said afterwards that they would recommend the program to other families.

VENUE & REGISTRATION

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

Cost: Clinicians employed in Victorian CAMHS/CYMHS: \$750
Other health professionals: \$1200

All participants will receive a copy of "Multi-Family Therapy for Anorexia Nervosa: A Treatment Manual"

Registration: [Registration Link](#)

Registrations close: C.O.B. MONDAY 8TH JULY 2024, unless sold out prior.

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