

WORKING WITH DISTRESSING EMOTIONS



THE VICTORIAN
CENTRE OF
EXCELLENCE IN
EATING
DISORDERS

*Presented by CEED Senior Clinicians Tanya Gilmartin and Rhiannon Griggs, and
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LIVE ONLINE: 9AM-4PM WEDNESDAY 26 JUNE 2024

Having an eating disorder or engaging in disordered eating is associated with high levels of distress for clients and their supports. High levels of emotions and difficulties managing emotions can be present at all stages of treatment. This can be in relation to food/eating, body image, as well as other life domains. In addition, high levels of distress can interfere with treatment goals and lead to prematurely ending treatment.

This workshop is designed as an adjunct to evidence-based treatments such as Enhanced Cognitive Behavioural Therapy (CBT-E), Specialist Supportive Clinical Management (SSCM), and Family Based Treatment (FBT), and focuses on understanding and working with difficult emotions. Strategies are drawn from Neurobiological theory as well as CBT, Dialectical Behaviour Therapy (DBT), Radically Open DBT (RO-DBT), Temperament Based Treatment with Supports (TBT-S) and Collaborative Care Skills Workshop (CCSW).

LEARNING OUTCOMES

It is expected that by the end of the workshop, participants will:

- Understand the experience of distress among individuals with eating disorders
- Understand the differences between state based and trait-based anxiety and how they may be conceptualised differently
- Understand different domains of distress (emotions, behaviours, physiological responses and cognitions) and levels of distress, as well as appropriate interventions for each
- Have learned strategies/techniques to include supports in recognising and managing distress

Training prerequisite

This training is considered advanced treatment training provided by CEED and as such, prior completion of eating disorders introductory training is recommended for this training. If you have not completed introductory eating disorders training, or this is a new area of work for you, prior to attending the training please access and watch the following introductory to eating disorders resources (2 x 30min recordings) freely available via the National Eating Disorders Collaboration (NEDC).

1. Introduction to Eating Disorders

<https://nedc.com.au/professional-development/webinars-and-videos/show/33/introduction-to-eating-disorders>

2. Eating Disorders: Screening and Assessment

<https://nedc.com.au/professional-development/webinars-and-videos/show/34/eating-disorders-screening-and-assessment>

In addition, it is strongly recommended that participants have also completed some model-based training for individuals with eating disorders (e.g. CBT-E, SSCM, FBT)

VENUE & BOOKING

Venue:	Online Via Zoom	
	Materials and links will be emailed to participants prior to the training commencing.	
When:	Delivered online via zoom	
	9am-4pm Wednesday 26 June 2024	
Cost:	Clinicians employed in Victorian public mental health services:	\$75.00
	Other health professionals:	\$210.00
Certificates:	A certificate of completion will be issued on completion of all training components (didactic, interactive and reflective) and all evaluation steps	
Registration link:	Registration Link	
	<u>**Please book early - Places are limited **</u>	
Registrations close:	19 th June 2024 (unless sold out prior)	

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