

## What is Temperament Based Therapy with Support (TBT-S)?

TBT-S is an innovative treatment designed to complement other Eating Disorder (ED) therapies. It focuses on sharing the latest research on how the brain and one's temperament; that is one's unique personality traits, may contribute to eating disorder symptoms. TBT-S places the person experiencing the ED as 'expert' in their recovery, identifying their strengths and working with the person on identifying achievable goals for recovery. TBT-S includes support people (parents, partners, friends) in sessions and aims to increase their understanding of the illness and teach them skills to be more able to support their loved one's treatment.

## What does the TBT-S program involve?

TBT-S can be integrated into individual therapy sessions or offered as an intensive group program. For this project, TBT-S is being offered as a 4-5 day intensive group program. The program runs from 9.30am-4.00pm (these times may vary) and involves learning about the brain, temperament and how to utilise your strengths in your recovery. There is a mix of activities, powerpoint presentations and group discussions. Meals and snack breaks are included in the program schedule. You can expect to be in a group of 4-8 people who are also experiencing a similar eating disorder plus the support person(s) who will attend the program as well. The TBT-S program is led by a small team of facilitators who will support you during the week.

## Do I have to include a support person?

Inclusion of at least one support person is a non-negotiable of TBT-S as supports are viewed as vital in helping one recover from an eating disorder. In the group therapy clients work with their support person(s) to help them understand the ED and learn new skills to help recovery. TBT-S emphasises the person as expert in their recovery and as such you can expect to play a significant role in teaching your support person what you would like them to know (and do) to support you. You choose who you would like as your support person. Your clinician can help you with working out who you would like to invite to the program.

## What about the food?

TBT-S sees food as medicine and like medicine we need to get the dose right. A Dietitian will be involved in the TBT-S program to ensure clients are receiving an adequate dose of food (medicine). Eating together is part of the group therapy and the program will include morning snack, lunch and afternoon snack. Participants are required to bring their own food for each day of the program.

## Does TBT-S work?

TBT-S commenced in 2009 and has been studied and refined through multi-site open trials and through client and supports feedback. There appears to be some promising results in these early-phase trials for some of the participants, however further research has been recommended. Possible benefits from the TBT-S program may include:

- increased motivation for recovery,
- decrease in eating disorder symptoms,
- reduction in anxiety and depression

It is important to note that TBT-S is starting to be trialled in Australia. TBT-S originated in the USA and is now being utilised in Norway, Greece, Canada, Argentina, New Zealand, Mexico and Australia.

*TBT-S has been developed by: Dr. Laura L. Hill, Dr. Stephanie Knatz-Peck and Dr. Christina E. Wierenga from the USA.*