

# Family-Based Treatment for Adolescent Anorexia Nervosa (FBT-AN)

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## Objectives

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
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## Target Audience

Health Professionals working with adolescents experiencing anorexia nervosa.

Registrations from Victorian public mental health services clinicians will be prioritised.

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## 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.

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## Presenters



**Jasmin Watson**  
Team Leader  
Centre of Excellence  
in Eating Disorders



**Holly Dumbell**  
Senior Clinician  
Centre of Excellence  
in Eating Disorders



**Bliss Jackman**  
Senior Lived  
Experience Advisor

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## Venue & Booking

<b>Venue:</b>	Online via Zoom Logging on through individual computers with camera and microphone is required. Materials and links will be emailed to participants prior to the training commencing
<b>When:</b>	Delivered over <b>two, full-day live online</b> modules: Part 1: 9:00am – 4:30pm, Monday 2 September 2024 (AEST) Part 2: 9:00am – 4:30pm, Tuesday 3 September 2024 (AEST)
<b>Cost:</b>	Clinicians employed in Victorian CAMHS/CYMHS: \$ Fully Subsidised Victorian public mental health employees/clinicians: \$ 225.00 Other health professionals: \$ 500.00
<b>Registration:</b>	Go to: <a href="https://www.trybooking.com/CRVIR">https://www.trybooking.com/CRVIR</a> NB: registrations close <b>C.O.B. 27<sup>th</sup> August 2024</b> unless sold out prior
<b>Certificate Requirements:</b>	Attendance & participation in both online modules & completion of training evaluation

### ENQUIRIES

Training content enquiries: Jessica Ryan, E — [Jessica.Ryan@mh.org.au](mailto:Jessica.Ryan@mh.org.au)

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