

Temperament-Based Therapy with Support (TBT-S) Young Adult Level 1 & 2

About Temperament-Based Therapy with Support (TBT-S)

TBT-S is an innovative treatment approach that incorporates the genetic and neurobiological vulnerabilities that influence eating disorder development over the lifespan. TBT-S combines psychoeducation and experiential activities that emphasise the key role of neurobiological factors in the development and maintenance of eating disorders. TBT-S Young Adult training has been designed to specially attend to the needs of people between the ages of 16-27.

Objectives

This facilitator training will provide participants with:

- An introduction to TBT-S including understanding the role of temperament and how this impacts symptom expression. (Level 1)
 - Skills and strategies to be able to "Treat to the Traits" from a strength-based approach. (Level 2)
 - Knowledge and applied understanding of how to share neurobiological research findings with clients and supports with eating disorders to help them understand why they respond as they do. (Level 2)
 - Opportunities to try on and practice TBT-S Clinical problem-solving tools (Level 2)
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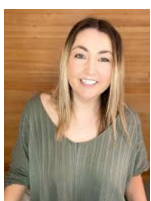
Target Audience

This training is best suited to public and private practitioners (mental health clinicians, dietitians, medical practitioners, lived experience workforce) who primarily work with young adults (16-27 y.o.) with eating disorders.

Training Prerequisite

Prior completion of an evidence-based eating disorder treatment (FBT, CBT-E, SSCM, AFT) is essential for this training. As this training is specific for the young adult population group, it is recommended participants work with this age range.

Presenter:



Jasmin Watson
Team Leader

Jasmin is an accredited TBT-S trainer by the TBT-S Institute. She has facilitated TBT-S programs in both private and public sectors over the past six years. Jasmin is an

Victorian Centre of
Excellence
in Eating Disorders

Occupational Therapist by
background.

Venue & Booking

Venue:	Orygen 35 Poplar Road, PARKVILLE, 3052, VIC
When:	Delivered in-person over four full days: Monday 5 May to Thursday 8 May 2025 9:30am – 4:00pm
Cost:	Clinicians and Lived Experience Workforce employed in Victorian public mental health services: \$400 Other health professionals: \$550 (Morning tea, lunch and afternoon tea will be provided)
Registration:	Go to: https://www.trybooking.com/CZCXS NB: registrations close C.O.B. 28 April 2025 unless sold out prior.
Certificate Requirements:	Attendance & participation on all training days (in accordance with the CEED Attendees Participation Agreement) & completion of training evaluation.

ENQUIRIES

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