

Advanced Training in Eating Disorder Focused Family Therapy Skills

About this workshop

CEED is excited to be hosting Dr Andrew Wallis to offer an advanced training in working with adolescents with anorexia nervosa and their families. This workshop is for mental health clinicians, experienced with family-based therapy for eating disorders, who want to reflect on and develop a stronger focus on therapy processes with families, while also maintaining fidelity to the treatment structure and goals.

Objectives

Over the two days we will think about, and develop skills to:

- Establish a secure base for therapy that meets the family at the right place and in the right way
- Implement a relational framework alongside the core principles of eating disorder focused family work
- Manage common in session dynamics such as parental discord, misattuned interactions, strong emotions, and poor participation.
- Implement interviewing skills that support parents and children to talk in session using questions, reflections and attuned responding.

The workshop will have a strong reflective component and will serve as an opportunity to consider what you value and what you want to think more about in your work with families.

Target Audience

Mental health clinicians and lived experience workforce experienced with family-based therapy for eating disorders. Registrations from Victorian public area mental health services clinicians will be prioritised.

Training Prerequisite

Prior completion of family-based therapy training, and significant clinical practice experience of providing this treatment (e.g. worked with a minimum of 5 – 10 families utilising this model).

Presenter



Dr Andrew Wallis

Dr Andrew Wallis is a systemic family therapist and clinical social worker with almost 30 years' experience working with young people and their families. Andrew was part of the team that introduced Family Based Therapy for Anorexia Nervosa to Australia at The Children's Hospital, Westmead in 2003 and then Multiple Family Therapy in 2014. Throughout the 2010's he had multiple immersive learning experiences at the

Maudsley Hospital in London and then at Drexel University in Philadelphia learning Attachment Based Family Therapy. Since the mid-2000's he has provided consultation, clinical supervision, and training to numerous clinicians in private practice and public health settings across Australasia. Andrew is an author of numerous academic papers including his PhD research investigating the impact of family therapy on families experiencing Anorexia Nervosa. Andrew is the co-author of A Practical Guide to Family Therapy, 2011; Multiple Family Therapy for Anorexia Nervosa Treatment Manual, 2021; and a book for parents – Help Your Child Start to Recover from Anorexia Nervosa, 2022. Andrew has been involved over many years with ANZAED and the NEDC Executive. Most recently as a member of the eating disorder credentialing and training expert advisory panel and is now on the ANZAED Credentialing Governing Council and the editorial board of the Journal of Eating Disorders. Andrew is also Co-Lead of Sydney Children's Hospital Network Eating Disorder Service, a specialist service providing inpatient, outpatient and intensive day program in Sydney.

Venue & Booking

Venue:	Treacy Centre		
	126 The Avenue, PARKVILLE, 3052, VIC		
When:	Delivered over two, full-days in-person:		
	Part 1: 9:00am – 4:30pm, Tuesday 7 October 2025		
	Part 2: 9:00am – 4:30pm, Wednesday 8 October 2025		
Cost:	Clinicians and Lived Experience Workforce employed in		
	Victorian public mental health services:		\$350.00
	Other health professionals:		\$550.00
	(Morning tea, lunch and afternoon tea will be provided)		
Registration:	Go to: https://www.trybooking.com/CYNOO		
	NB: registrations close C.O.B. 1 October 2025 unless sold out prior.		
Certificate Requirements:	Attendance & participation on both training days (in accordance with the CEED Attendees Participation Agreement) & completion of training evaluation.		

ENQUIRIES

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