



CEED

THE VICTORIAN
CENTRE OF EXCELLENCE
IN EATING DISORDERS



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

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

Target Audience

Health Professionals working with adolescents experiencing anorexia nervosa.

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

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.

ENQUIRIES

Training content enquiries: Dr Katie Keel, E — Katherine.keel@mh.org.au

Administrative enquiries: E — ceed@mh.org.au T — (03) 8387 2673

Presenters



Dr Katie Keel
Senior Clinician,
Centre of
Excellence
in Eating
Disorders



Bliss Jackman
Senior Lived
Experience Advisor,
Centre of
Excellence
in Eating Disorders



Jess Ryan
Senior Clinician,
Centre of
Excellence
in Eating
Disorders

Venue & Booking

Venue:

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

When:

Delivered over two, full-day live online modules:

Part 1: 9:00am – 4:30pm, Monday 20 October 2025

Part 2: 9:00am – 4:30pm, Tuesday 21 October 2025

Cost:

Victorian public mental health employees/clinicians: \$ 225.00

Other health professionals: \$ 500.00

Registration:

Go to: <https://www.trybooking.com/DEYIS>

NB: registrations close C.O.B. 13 October 2025 unless sold out prior.

Certificate Requirements:

Attendance & participation in full on both training days (in accordance with the CEED Attendees Participation Agreement) & completion of the training evaluation

ENQUIRIES

Training content enquiries: Dr Katie Keel, E – Katherine.keel@mh.org.au

Administrative enquiries: E – ceed@mh.org.au T – (03) 8387 2673