

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
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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.

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: Jess ryan, E — Jessica.Ryan@mh.org.au

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

Presenters



Jess Ryan
Senior Clinician,
Centre of
Excellence
in Eating
Disorders



**Emma Sampimon-
Jones**
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 23 February 2026 Part 2: 9:00am – 4:30pm, Tuesday 24 February 2026
Cost:	Victorian public mental health employees/clinicians: \$ 225.00 Other health professionals: \$ 500.00
Registration:	Go to: https://www.trybooking.com/DHZVC NB: registrations close C.O.B. 17 February 2026 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

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