

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 options:

- **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](#) for more information or to register for **either** Foundational training.

ENQUIRIES

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

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Presenters



Jess Ryan
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Alex Kisilevich
Senior Lived
Experience
Advisor – Carer
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Venue & Booking

- Venue:** Hospital Education centre (HEC) | Royal Melbourne Hospital
Royal Park Campus
34-54 Poplar Road, Parkville. 3052, VIC.
- When:** Monday 29th & Tuesday 30th June 2026,
9:00am – 4:30pm
- Cost:** Victorian public mental health employees/clinicians:
\$ 225.00
Other health professionals:
\$ 500.00
- Registration:** Go to: <https://www.trybooking.com/DLEZJ>
NB: registrations close C.O.B. 22 June 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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