

# Advanced Training in Eating Disorder Focused Family Therapy Skills

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## 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.

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## 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.

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## 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.

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## 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).

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## Presenter



### Dr Andrew Wallis

Dr Andrew Wallis is a systemic family therapist & clinical social worker, trainer, author & researcher. Andrew is the Lead at The Sydney Children's Hospital Westmead Eating Disorder Service and Senior Lecturer in Social Work at UNSW.

He has many years of experience providing tertiary level therapeutic interventions for young people with eating disorders, and their families – including inpatient, outpatient and day patient care. Andrew regularly provides training and supervision across Australasia to teams and individuals. His special interest is in translating family-based therapy therapeutic interventions into an attachment rich experience where there is partnership between the clinician, parents and the young person.

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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:	Delivered over two full-days, in-person: 9:00am – 4:30pm Thursday 6 August 2026 9:00am – 4:30pm, Friday 7 August 2026
Cost:	Clinicians and Lived Experience Workforce employed in Victorian public mental health services: \$350.00 Other health professionals: \$550.00 (Morning tea and lunch will be provided)
Registration:	Go to: <a href="https://www.trybooking.com/DMQIP">https://www.trybooking.com/DMQIP</a> NB: registrations close C.O.B. 30 July 2026, unless sold out prior.
Certificate Requirements:	Attendance & participation on both training days (in accordance with the <b>CEED Attendees Participation Agreement</b> ) & completion of training evaluation.

### ENQUIRIES

Training content enquiries: Jess Ryan E: [Jessica.Ryan@mh.org.au](mailto:Jessica.Ryan@mh.org.au)

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