



The Victorian Centre of Excellence in Eating Disorders (CEED) presents:

“Adolescent Focussed Treatment for Adolescents with Anorexia Nervosa”

Presented by: Dr Ann Moye

Co facilitated by Maria Ganci and Dr Linsey Atkins

This training is endorsed by The Training Institute for Child & Adolescent Eating Disorders

Dr Ann Moye developed Adolescent Focused Therapy in the early 1980's in her private clinic in Bloomfield Hills Michigan, USA where she and her staff specialize in the treatment of eating disorders. The treatment has been compared to Family Based Treatment in two studies and continues to be developed in collaboration with Dr's Lock and Le Grange, Dr Linsey Atkins and Maria Ganci.

Dr Linsey Atkins is a Clinical Psychologist with extensive experience in providing evidence-based treatments for eating disorders, and clinical supervision and consultation. She is an accredited FBT therapist & faculty member with the Institute of Training in Child & Adolescent Eating Disorders, has trained with the Maudsley Hospital, London and other specialised adolescent services in the USA. Linsey has published several articles on adolescent eating disorders.

Maria Ganci is a Clinical Specialist Social Worker, Child & Adolescent Psychotherapist, and Faculty Member of the Training Institute for Child & Adolescent Eating Disorders. Maria is a Senior Clinician at the Royal Children's Hospital Specialist Eating Disorder Clinic and also runs a successful private practice providing training, supervision and consultation both nationally and internationally and is the author of "Survive FBT" a manual that support parents through treatment.

Date & Time:	Tuesday 1 March & Wednesday 2 March 2016, 9.00am - 4.30pm
Target Audience:	Health Professionals working with adolescents or young adults with anorexia nervosa.
Venue:	Poplar Learning Centre, Building D, Room 1 Orygen Youth Mental Health (OYH), NWMH Parkville Campus 35 Poplar Road, PARKVILLE, Victoria 3052
Cost:	\$250.00
Catering:	Morning tea, lunch & afternoon tea will be provided
Registrations:	Go to: http://www.trybooking.com/BXKG
Registrations Close:	C.O.B. Monday 15 February 2016 *** Please register early. Places are limited ***

To continue to develop understanding and skills in family focused responses to adolescent eating disorders, CEED is pleased to host Ann Moye to present training in Adolescent Focused Therapy (AFT). AFT is a psychodynamic and cognitive/behavioural informed therapy that focuses on addressing the issues underlying an eating disorder. Key elements include developing the adolescent's ego strengths and coping skills; individuation from the nuclear family; addressing identity confusion and other interpersonal and developmental issues. Adolescents are helped to identify and manage their emotions rather than utilize self-starvation as a strategy.

In AFT the relationship between therapist and patient is the main vehicle for therapeutic change and overcoming AN. Whilst the adolescent is seen individually, parent sessions and involvement is considered to be critical, especially in the early stages to assist with refeeding and supporting the adolescent.

Adolescent Focused Therapy also provides an alternative treatment option when FBT is not appropriate i.e. no identified or capable parent to provide treatment. AFT is also suitable for the young adult population given that it can be delivered as an individual treatment.

By the end of the two days, participants will gain:

- a background understanding of the historical influences on the development of AFT
- a thorough understanding of AFT practice assumptions and treatment phases
- capacity to set up and conduct AFT with a young person and their family
- understanding of how to use the Parent Adolescent relationship Questionnaire
- overview of the roles of the multidisciplinary team
- skills in use of creative tools to help patients and families improve communications and support recovery

The training will involve didactic, interactive and experiential practise opportunities. Prior knowledge of understanding and assessing eating disorders is assumed.

Workshop enquiries: Workshop Content: Claire Diffey (03) 8387 2668 or claire.diffey@mh.org.au
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Please refer to terms and conditions on the Trybooking.com ticket issued at point of registration