

# MANTRA

## Workshop: Maudsley Model of AN Treatment for Adults

Presented by Professor Tracey Wade



### When

Introductory workshop

Monday, June 22nd

& Tuesday, June 23rd

9am til 4:30pm

Advanced workshop

Wednesday, June 24th

9am til 4:30pm

### Cost

Introductory workshop alone: \$600.00

Introductory & Advanced workshops: \$750.00

Advanced workshop only: \$250.00\*

\*If attending as a standalone, it is a prerequisite that you have completed introductory training in the past 12 months and have experience in delivering MANTRA.

Where Centre for Integrative Health, Kelvin Grove

### Workshop Overview

This three-day workshop is divided into two parts: Introductory (first 2 days) and Advanced (third day). Over the first 2 days we will examine the nature of anorexia nervosa (AN) and fundamental treatment principles regardless of the specific therapeutic approach taken. As part of this discussion we will look at weighing clients in session and explore the difficulties of adhering to manualised treatments. We then move on the examination of the model underpinning Maudsley Model of AN Treatment for Adults (MANTRA), and the evidence supporting this approach. The centrality of motivational interviewing to MANTRA will be explored, and the tasks of the initial phase of treatment will be described. On the third day, the modules of Emotional and Social Mind and Thinking Style will be described, along with trouble shooting and examination of our readiness to use MANTRA. Throughout the workshop there will individual and small group exercises to embed learning.

### Learning Objectives

#### Introductory Workshop:

- Key strategies for therapy with AN
- Key strategies for the initial phase of MANTRA
- Develop a collaborative MANTRA case conceptualization
- How to involve close others in treatment.

#### Advanced Workshop:

- How to work with core maintaining factors such as emotional avoidance and cognitive inflexibility in AN
- How to modify work in the face of complexity and lack of progress.

### Key Reading

Schmidt U, Wade TD, Treasure J. (2014). The Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA): Development, Key Features and Preliminary Evidence. Journal of Cognitive Psychotherapy, 28, 48-71.

Professional development workshops are delivered monthly inhouse at Centre for Integrative Health. These workshops are for registered practitioners only as a means of providing ongoing professional development. The full program schedule can be found on our website under the "For Practitioners" tab. Alternatively, you can contact us on the details below:

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