

2 DAY IN-PERSON WORKSHOP: Introduction to Family Based Therapy (FBT) for Eating Disorders

WORKSHOP OVERVIEW:

This two-day, interactive workshop will provide clinicians with the opportunity to learn about the key concepts of Family Based Treatment, and develop a detailed knowledge of the theory and practice of key sessions within Phase 1 of treatment, as well as clinical considerations within Phase 2 and Phase 3 of treatment.

The aim of this workshop is to provide intensive practical face to face training in the application of this model including:

- Theoretical background, core principles, and the role of care team
- Detailed description of treatment phases, key sessions and the therapeutic process
- Discussion of clinical issues and processes to enable successful implementation
- Guided role plays to aid micro skill development

At the completion of the workshop participants will have a good working knowledge of the model and will be able to consider using Family Based Therapy in their clinical setting. This two day workshop is approved by NEDC for eating disorder clinician credentialing purposes.



This training is NEDC approved and counts toward Eating Disorder Clinician Credentialing



CFIH training room
169 Kelvin Grove Rd, Kelvin Grove, Brisbane

Cost: \$600 + GST (includes catering)

Date: May 17th & 18th, 2023

Time: 9:00am to 5:00pm

For more info, contact Danica@cfih.com.au

PRESENTER BIO:

Colleen Alford is a Senior Social Worker and family therapist. Colleen specialises in providing family therapy for children and adolescents with eating disorders, and works at The Sydney Children's Hospitals Network Eating Disorders Service. She has more than 15 years' experience in providing FBT and 20 years' experience in the child and adolescent mental health sector. Colleen has developed a six week parent group program based on the principles of Family Based Treatment, as well as parent group for parents of autistic young people with eating disorders.

