

## 2-HOUR WORKSHOP:

# Getting you ready for Family Based Therapy at Centre for Integrative Health



Scan me to register!

### WORKSHOP OVERVIEW:

Family Based Therapy (FBT) is recognized as the first-line treatment for young people with an eating disorder. In the early stages of FBT, the focus is on empowering the young person's loved ones to take an active role in supporting them during meal times. Many parents and carers have questions and concerns about eating disorders and FBT, and may feel they don't have all the answers they need. This workshop has been developed to provide support to parents and carers who are beginning the journey of eating disorder treatment and to connect individuals with others who are going through similar experiences. This in-person workshop aims to provide:

- An overview of how FBT is administered at the Centre for Integrative Health,
- An overview of eating disorders and the role that family members play in the recovery from eating disorders,
- Information related to expected body weights and what this means,
- Information to support attendees to set up medical monitoring with a General Practitioner,
- A safe space for questions relating to treatment to be asked.

This face-to-face workshop will involve educational and interactive learning opportunities. No prior knowledge or understanding of eating disorders is assumed. **This event will be adult-only. Attendees are individuals who are parents or carers of a young person with an eating disorder.**

**Limited places available. Register here:** <https://cfih.com.au/product/getting-you-ready-for-family-based-therapy-at-cfiH/> **OR phone our front desk on (07) 3161 0845** to book a spot



In person, face-to-face, adult workshop

**CFIH Training Room**  
**169 Kelvin Grove Rd,**  
**Kelvin Grove, Brisbane QLD**

**Cost:** \$50 per family

**Date:** Tuesday 3rd September, 2024

**Time:** 5:30pm to 7:30pm

For more information, contact  
**[info@cfih.com.au](mailto:info@cfih.com.au)**

### PRESENTER BIO:

Zoe Gath is registered as a Provisional Psychologist.

A valued team member at Centre for Integrative Health, one of Queensland's leading private treatment centres for eating disorders, she has worked with numerous families who have commenced Family Based Therapy treatment.

