Family Based Treatment for Adolescent Anorexia Nervosa

Thursday 10th & Friday 11th November 2016

A training workshop with Professor James Lock

GRANGE WHITE HALL HOTEL, 2-5 Montague Street, London WC1B 5BU

Hosted by the Great Ormond Street Feeding and Eating Disorders Service

Learning Objectives

1) Participants will understand the rationale and the scientific support for FBT for adolescent eating disorders.

2) Participants will learn the fundamental assumptions of FBT for adolescent eating disorders, as well as become knowledgeable about the impact of FBT on treatment targets and strategies.

3) Participants will learn the main treatment interventions for each phase of FBT as well as learn how to implement the therapy.

Thursday 10th November 2016

09.00 - 09.30  Registration
09.30 - 10.15  Scientific Support for FBT
10.15 - 10.45  The Family-Based Treatment model – Fundamental assumptions – Setting up treatment – Common Dilemmas
10.45 - 11.15  Coffee break
11.15 - 13.00  Phase 1 — Supporting parents in promoting weight restoration (session 1, role play)
13.00 - 14.00  Lunch
14.00 - 15.45  Phase 1 – (session 2, meal session, role play, remainder of Phase 1)
15.45 - 16.15  Tea
16.15 - 17.00  Summary and questions

Friday 11th November 2016

09.00 - 10.30  Phase 2 – Return control over eating to adolescent (role play)
10.30 - 11.00  Coffee break
11.00 - 12.00  Phase 3 - Adolescent development & termination of treatment
12.00 - 13.00  Introduction to FBT for Bulimia Nervosa, New Directions for Research, Summary and Questions
13.00 Finish  (lunch NOT provided)