



Eating Disorders:

Introductory Workshop: Family Based Treatment for Adolescents with Anorexia Nervosa

Presented by: Kathleen Kara Fitzpatrick, Ph.D

Objectives:

1. List the evidence supporting family-based therapy as a highly effective treatment approach for adolescents who have eating disorders.
2. List the roles of the therapist in treating an adolescent who is receiving family-based treatment for an eating disorder, and how to adapt medical interventions and office practices to support and not undermine this form of therapy.
3. Practice engaging families as a resource for recovery.
4. Evaluate factors associated with lower likelihood of success for a family-based therapy approach for a given patient and family system.
5. Engage with practices that may serve to support a family-based system of care.
6. Summarize the obstacles encountered by programs and practices that have shifted from an individually-focused treatment approach to a family-centered model of care for eating disorders, and how those programs and practices have worked to overcome those obstacles.
7. Differentiate between causal and maintaining factors for eating disorders and utilize these to guide interventions for families.
8. Explain the key skills in Phase 1 of FBT, including techniques used to empower parents toward renourishment efforts and methods of externalizing the illness.
9. Identify common struggles in Phase 1 of FBT, including techniques for assisting with slower than expected weight gain and/or disruptive behaviors at home.
10. Distinguish between typical adolescent behaviors and those that support continued dietary restriction and eating disordered behaviors, as these relate to increasing independence in eating behaviors. This is in reference to general adolescent functioning as well as the ways these relate to Phase 2 of FBT.
11. Identify risk factors for eating disorder relapse following recovery and the skills/strategies most important to preventing relapse in adolescent patients.



LOCATION:
CSBHS – Auditorium
850 East Foothill Blvd.
Rialto, CA 92376

WHEN: May 28 & 29, 2014

TIME: May 28 8:30 AM – 5 PM
May 29 8:30 AM – 1 PM

Registration begins at 8:00am, doors close at 8:45 am.

The workshop is geared towards clinicians, including psychiatrists, psychologists, social workers, medical physicians and counselors. This workshop will prepare you to understand the background, theory, and application of FBT. This workshop will utilize a interactive format, including clinical discussion, role plays and lecture.

Register Now!

Log on to Relias Learning :
<http://dbh.training.reliaslearning.com>

If you need assistance with registration
please contact the Training Institute
800-722-9866 or email
training@dbh.sbcounty.gov

CONTINUING EDUCATION INFORMATION:

APA: The County of San Bernardino Department of Behavioral Health is approved by the American Psychological Association to sponsor continuing education for psychologists. The County of San Bernardino Department of Behavioral Health maintains responsibility for this program and its content. This course is approved for **11 continuing education credits**. **BBS:** The County of San Bernardino Department of Behavioral Health, Provider #3766. This course meets the qualifications for **11.75 hours** of continuing education credit for MFTs, LPCC's, LEPs and /or LCSWs as required by the California Board of Behavioral Sciences.. **BRN:** Provider, San Bernardino County, Department of Behavioral Health, approved by the California Board of Registered Nursing, Provider # CEP-15400, for **11 contact hours**.

Note: Participation for the entire class period is required to qualify for continuing education credit, no partial credit will be awarded.

This course meets hours of the cultural competency requirement.



For alternative communication methods please call (800) 722-9866 or 7-1-1 for T-T-Y.