

# Eating Disorders: Introductory Workshop: Family Based Treatment for Adolescents with Anorexia Nervosa

Presented by Kathleen Kara Fitzpatrick, Ph.D.

September 29 & 30, 2015

September 29 8:30 a.m. – 5:00 p.m.

September 30 8:30 a.m. – 1:00 p.m.

Registration begins ½ hour prior to start and doors close promptly at the start of training

County of San Bernardino Health Services Auditorium  
850 East Foothill Blvd  
Rialto, CA 92376

## Learning 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. Learners will be able to evaluate the treatment options for young adult and adult patients with eating disorders

*\*More objectives available upon request\**

## To Register:

Log on to Relias:

<http://dbh.training.reliaslearning.com>

If you need assistance with registration, please call (800) 722-9866 or email [training@dbh.sbcounty.gov](mailto:training@dbh.sbcounty.gov)

**Please note that all participants attending this training must be in accordance with DBH Dress Code Policy.**

## Continuing Education Pending

APA: The San Bernardino County Department of Behavioral Health is approved by the American Psychological Association to sponsor continuing education for psychologists. The San Bernardino County Department of Behavioral Health maintains responsibility for this program and its content. This course is approved for 11.25 continuing education credits for psychologists.

BBS: County of San Bernardino Department of Behavioral Health, provider #3766. This course meets the qualification for 11 hours of continuing education credit for MFTs, LPCC's, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences.

CBRN: County of San Bernardino Department of Behavioral Health provider, approved by the California Board of Registered Nursing, Provider #CEP-15400, for 11 contact hours.

Cultural Competency: This course meets 11 hours of the DBH Cultural Competency requirement.

“For further information, questions or concerns regarding Continuing Education for this course, please call (800) 722-9866 or email [dbhtraining@dbh.sbcounty.gov](mailto:dbhtraining@dbh.sbcounty.gov).”

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

Clinical Staff encouraged to attend



For alternate communication methods please call 800-722-9866



Behavioral Health

[www.SBCounty.gov](http://www.SBCounty.gov)