

Temperament Based Therapy including Supports* (TBT-S): An innovative multi-family neurobiological approach to eating disorders



Dr Laura Hill



**Dr Stephanie
Knatz-Peck**



**Dr Christina
Wierenga**

One day workshop for clinicians and
carers

Tuesday March 5 2019

8.30am-4.30pm

Metro Adelaide (Venue to be
confirmed)

Come & learn from these inspiring clinicians from the USA about a new evidence based multi-family treatment for adults (16+) with Anorexia Nervosa (AN) that applies insights into the neurobiology of AN to:

- better manage eating disorder symptoms by working with AN traits
- reduce mealtime avoidance and distress
- increase effectiveness of client-support interactions to support recovery

In a one day format, clinicians and carers will learn about the following

- Basics of neurobiology of eating disorders
- Menu of traits & heritability
- Developing neurobiology literacy (clinicians and carers):
- Using neurobiological understanding to work with the person with AN & their family/ supports
- Negotiating and developing behavioural contracts
- Helpful tools for family/supports and clients

Carers will come away with greater understanding about what is driving the eating disorders and valuable skills for working with their loved one.

EDFA has deliberately brought clinicians and carers together for this day to recognise that both are critical members of the team and can learn from each other as well as the TBT-S presenters.

**Supports is anyone who is in a support role e.g. family, partner, close friend*



To register & find more information go to
www.edfaevents.com

To contact SEDS go to
www.sahealth.sa.gov.au/SEDS

Statewide Eating
Disorder Service
(SEDS)



SA Health