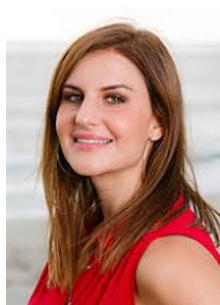


Want to understand how the brain works in eating disorders
and how clinicians and carers can use this to support
recovery?



Dr Laura Hill



**Dr Stephanie
Knatz-Peck**



**Dr Christina
Wierenga**

Temperament Based Therapy with
Supports One Day Workshop
Friday February 15 2019
8.30am-4pm
Charles Perkins Institute
Sydney University

Come & learn from these inspiring clinicians from the USA about a new evidence based 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 (carer) interactions to support recovery

In a one day format, 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.