



THE UNIVERSITY OF
WESTERN AUSTRALIA

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Family-Based Treatment of Eating Disorders in Adolescents: The Maudsley Method

A workshop for Health Professionals with an Interest in Eating Disorders

5-6 March 2009, Case Study Room, University Club, UWA



This workshop is co-sponsored by

Institute of Advanced Studies, UWA

Princess Margaret Hospital

School of Psychology, UWA

Eating Disorders Programme Centre for Clinical Interventions (CCI), Perth

Family-Based Treatment of Eating Disorders in Adolescents

Eating disorders affect a great percentage of adolescents. The dramatic increase in their incidence rates in the last few decades and the high mortality rate associated with them have made it even more necessary to find effective treatments. Research has supported the use of Family-Based Treatment (FBT) as an evidence-based therapy for the treatment of eating disorders in adolescents.

This course will train psychologists, child psychiatrists, nutritionists and other eating disorders specialists in FBT.

Keynote Speaker

Daniel le Grange, PhD
Professor of Psychiatry,
University of Chicago
Director, Eating Disorders Program,
University of Chicago Hospitals



Dr le Grange, a psychologist specialising in the treatment of eating disorders, received his doctoral education at the Institute of Psychiatry, University of London. He trained in

family-based treatment for adolescent anorexia nervosa at the Maudsley Hospital in London, and was one member of the team which developed the Maudsley Approach as a treatment for early onset anorexia nervosa. Dr le Grange is author or co-author of more than 150 research and clinical articles, books, book chapters and abstracts in the area of eating disorders. For most of the past decade he has been conducting a number of NIH sponsored studies examining the efficacy of various therapeutic treatments for adolescents with eating disorders. Dr le Grange has lectured widely in the US, Canada, South Africa, Europe, and Australia.

Learning Objectives

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



Program

Day 1 – Thursday 5th March 2009

9.00	Coffee and Registration
9:30 – 10:30	Introduction & Background of the Maudsley Model for Anorexia Nervosa <ul style="list-style-type: none">• Brief description of the Maudsley Model• The 3 phases of treatment – brief overview• Empirical Evidence• Principles of the Maudsley Model
10:30 – 10:45	Morning Tea
10:45 – 12:15	Phase 1: Helping Parents Take Charge of Weight Restoration <ul style="list-style-type: none">• Outline of Session 1 – Rationale for Intensive Scene• Initial Assessment & Setting up Treatment• Demonstration and role play of this session• Reflections of role play Phase 1 – Session 2 – The Family Meal <ul style="list-style-type: none">• Outline the goals for the session & strategies required for therapist• Demonstration & role play of this session• Reflections of the role play
12:15 – 12:45	Lunch
12:45 – 1:30	Phase 1 – Remainder session 3-10 of treatment <ul style="list-style-type: none">• Outline the rationale & structure for each session• Large Group Discussion
1:30 – 2:45	Outline of Phase 2 of Treatment: Handling Control Over Eating To Adolescent <ul style="list-style-type: none">• Outline the rationale of Phase 2 & changes required within the family to introduce phase 2• Demonstration of how parents begin to return control over eating back to the adolescent (brief role play)• Reflections

Outline of Phase 3: Adolescent Development & Termination of Treatment

- Preparing for termination

2:45 – 3:00

Afternoon Tea

3:00 – 4:00

General Discussion:

- Discussion of therapeutic challenges & dealing with complex comorbidity, managing potential drop outs etc
- Reflections on Three Phases and role plays

Day 2 – Friday 6th March 2009

9:30 – 10:00

General Discussion:

- Follow-up on the discussion of the work of Day 1

10:00 – 10:15

Morning Tea

10:15 – 11:00

Introduction to the Maudsley Model of Treatment for Bulimia Nervosa

- Overview of Model for BN & Differences with AN
- The 3 phases of treatment – brief overview

11:00 – 12:00

Outline of the Start of Treatment

- Setting up treatment - Sessions 1 & 2
- Demonstration & Role Play

12:00 – 12:45

Lunch

12:45 – 2:00

Challenges Unique to BN

- Therapeutic challenges with BN
- Empirical support of model for BN

2:00 – 4:00

Wrap-up

- Clinical comparisons using each model – AN vs. BN
- General Discussion

Notes



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CRICOS Provider Code: 00126G