

## 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

March 7 2019

8.30am - 4pm

Boulevard Centre,

99 The Boulevard, Floreat 6014

Come & learn from these inspiring clinicians from the USA about a new evidence based approach to 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
- How this knowledge has contributed to multi family inpatient treatment for adults

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

### \*\*\*\*\*Subsidies for Carers\*\*\*\*\*

Thanks to Lotterywest, there are two subsidies available to carers:

1. If two hours or more one-way travel is required to attend, contact [gordon.brockway@edfa.org.au](mailto:gordon.brockway@edfa.org.au) for more information.
2. If your financial circumstances make the price a barrier to you attending, see the subsidised ticket option for the Perth event on the booking website.

To meet the need of clinicians and carers the day is structured so that the morning will provide information relevant to clinicians and carers. In the afternoon the groups will be streamed so clinicians and carers are separate and can each be presented with and explore, material and issues relevant to their role.'



\*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](http://www.edfaevents.com)



WA Eating Disorders Outreach &  
Consultation Service (WAEDOCS)