ANZAED Conference

"Inspiring change: person & context"

23 - 24 AUGUST 2013

Dr Susie Orbach
London psychotherapist and writer will be speaking on how our perceptions of the body are destabilised and how this can be addressed through therapy and activism.

Professor Joe Proietto
from the University of Melbourne will present on the biological facets of weight control.

Plenary sessions on weight management & using new technology.

Short workshops on
- CBT-E for adolescents; Psychodynamic Therapy; Mindfulness; FBT
- Nutrition; Diabetes & EDs; Night Eating Syndrome
- Severe and Enduring Eating Disorders; Athletes & Weekend Warriors
- Applying Research; Learning from Consumers

Short papers, posters, special interest group meetings.

An expert-led case discussion.

Networking and social events.

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All details can be found at  http://conference.anzaed.org.au
Enquiries to: anzaed@anzaed.org.au
Register for one or two conference days or a workshop alone.
Susie Orbach: *How do we get a body?*

½ day workshop

9.00-1:30pm Thursday 22nd August 2013

Pullman & Mercure Albert Park Hotel, Melbourne

Today's body disturbances and practices from eating problems to self harm, to cosmetic surgery, are alerting us to a more complex need to understand how we get a body and the terms in which it is made.

In this 3 hour workshop  Susie will use examples from her clinical practice to highlight the ways in which bodies today occupy a position which is destabilised. The body today has become both an elusive object and a trouble, but rarely the place an individual lives from.

The workshop will look at how the body is not just a psychic vehicle for the mind, but the way we understand our body is the outcome of early relationships.


Susie is currently co-editing *Fifty Shades of Feminism*, which will be published in Spring 2013.

Keynote Speaker at the UK Government's Body Image Summit in London in 2000, Susie has also presented at Body Image Summits in Vienna and Berlin and Munich and lectures extensively in Europe, North and South America. She is currently an expert member of the steering group of the British government's *Campaign for Body Confidence*.

Susie has been a consultant to the World Bank, the NHS and Unilever. She is a founder member of ANTIDOTE, (working for emotional literacy) and Psychotherapists and Counsellors for Social Responsibility and is convenor of *Endangered Bodies* (www.london.endangeredbodies.org) the international organisation campaigning to challenge the pernicious culture that teaches women and girls to hate their own bodies.

She has a PhD from University College London, and several honorary Doctorates. She is currently chair of the Relational School in the UK and has a clinical practise seeing individuals and couples.

All details and to register for this workshop alone or for other workshops &/or conference days go to http://conference.anzaed.org.au

Registration fees start at $80

Enquiries to: anzaed@anzaed.org.au
MEDICAL MANAGEMENT OF EATING DISORDERS,

Medical complications of severe underweight/restricting and purging

Two ½ day workshops by Dr Jennifer Gaudiani
from the ACUTE Center for Eating Disorders at Denver Health
22nd August 2013, at the Pullman & Mercure Albert Park Hotel Melbourne

Dr Jennifer L. Gaudiani (MD, CEDS) is the Assistant Medical Director of the ACUTE Center for Eating Disorders at Denver Health, located in Denver, Colorado, the top medical stabilization center in the United States for adults with critical anorexia nervosa, with an average body mass index on admission of 12.5 kg/m2, who are too ill to admit elsewhere.

Dr. Gaudiani completed Medicine & internal Medicine specialisation training at Harvard College, Boston University School of Medicine, and Yale. She is an Associate Professor of Medicine at the University of Colorado School of Medicine and has lectured and published extensively on the topic of medical complications of eating disorders.

ADVANCED workshop Masterclass
9am - 12:30pm
A comprehensive, case-based, evidence-based overview of diagnosis & treatment
Suitable for physicians, general practitioners, nurses and dietitians with fundamental medical knowledge. Experience in ED care not required.
The workshop will help clinicians learn how to diagnose and appropriately treat myriad medical complications of severe eating disorders, and motivate patients to recover, from outpatient to inpatient settings.
Topics include: refeeding syndrome, vital sign abnormalities, cardiac complications, hepatitis of starvation, hypoglycemia, osteoporosis, bone marrow dysfunction, gastroparesis, and rarer presentations. It will cover electrolyte abnormalities, Pseudo-bartter syndrome, volume management, constipation, acute sialadenosis, and “detoxification” off of purging modalities

FUNDAMENTALS workshop
1:30 - 5pm
Knowledge to break through denial, help motivate recovery and to improve patient outcomes in all settings
Suitable for every member of the treatment team including new & experienced therapist & professionals of all types
Overview: Medical complications of eating disorders are often a “fear factor” for allied professionals who are often on the front lines as a patient relapses or insists on remaining in outpatient care despite a need for more intensive treatment.
This workshop will aim to highlight important medical complications of severe restricting and purging in the least boring, least doctorly way possible. Using cases and group interaction, with a focus on practical treatment plans
Topics include:
Medical complications of severe restriction & purging, refeeding syndrome, vital sign abnormalities and other signs (besides falling weight) that a patient is becoming more unstable, managing purging cessation and more...

The workshop forms part of the 11th Annual Conference of the Australia & New Zealand Academy of Eating Disorders
All details and to register for this workshop alone or multiple events go to

http://conference.anzaed.org.au
Registration fees start at $80 Enquiries to: anzaed@anzaed.org.au
Family Based Therapy Consultation and Practice Workshop

½ day workshop
1.30-5pm 22nd August 2013
Pullman & Mercure Albert Park, Melbourne

PRESENTERS
Andrew Wallis: Clinical Specialist Social Worker, Family Therapist & deputy head and clinical specialist in the Department of Adolescent Medicine and Head of Family Therapy for the Eating Disorder Service at The Children’s Hospital, Westmead, Sydney.

Dr Linsey Atkins: Clinical psychologist in private practice, having previously had lead clinical and research roles in FBT at Royal Children’s Hospital, Melbourne; the Wellness and Recovery Centre and Butterfly Day Program. Linsey is an Accredited FBT therapist with the Institute of Training for Eating Disorders.

TARGET AUDIENCE
This workshop is an opportunity for therapists with experience in FBT interested in bringing their questions, dilemmas and difficult cases for discussion.

OVERVIEW
Family Based Treatment (FBT) has increasingly become first line treatment for adolescent Anorexia Nervosa. While the concepts are clear and simple it requires a high level of persistence and consistency by both family and therapist. In addition, therapists need to have good observational skills and strong attention to detail. These requirements can make the translation of theory to practice difficult. The facilitators have 15 years of combined experience in with FBT.

The focus will be on the micro skills that the therapist needs to utilise to bring the core concepts to life in each of the treatment phases.

The workshop forms part of the 11th Annual Conference of the Australia & New Zealand Academy of Eating Disorders

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Registration fees start at $80 Enquiries to: anzaed@anzaed.org.au
What do you do when…?

A workshop for clinicians
1.30-5pm 22\textsuperscript{nd} August 2013
Pullman & Mercure Albert Park Hotel, Melbourne

Treating eating disorder patients requires a multitude of skills. Clinicians have to deal with psychological, social, biological and medical issues as well as dealing with each patient’s resistance and/or ambivalence about recovery. Using evidence based treatment is important but the nuances of treating a particular patient, at a particular time, are numerous and require clinical acumen and finesse.

What do you do when your patient...
- refuses to weigh
- is not gaining weight
- is caught lying repeatedly
- wants your help weaning off laxatives
- does not talk
- needs additional help between sessions
- has repeatedly relapsed
- says she/he does not want to get better

The experience of a seasoned therapist, who has acquired expertise from thousands of hours in the trenches with patients, is invaluable to clinicians wanting to increase their skills.

Carolyn Costin, director of Monte Nido Treatment Center in the U.S. is a therapist, author and pioneer in the field, who brings three decades of experience to this popular workshop.

Participants are encouraged to ask questions and present their most difficult cases and challenging situations in order to draw from Ms Costin’s expertise, which ranges from her own recovery as well as her extensive experience working in private practice, day treatment programs, hospitals and residential treatment centres.

Carolyn is the author of several books on eating disorders, her two most recent are: "8 Keys to Recovery From an Eating Disorder" and the completely revised new edition of, "Your Dieting Daughter".

The workshop forms part of the
11\textsuperscript{th} Annual Conference of the Australia & New Zealand Academy of Eating Disorders (ANZAED)

Register for the workshop alone or the conference at: http://conference.anzaed.org.au
Enquiries to: anzaed@anzaed.org.au
Introduction to the Nutritional Management of Eating Disorders

1.30-5pm 22nd August 2013
Pullman & Mercure Albert Park, Melbourne

Presenters
Gabriella Heruc, Ingrid Hilton, Terrill Bruere, Susan Hart, Ulrike O’Sullivan, Fiona Sutherland

Target audience
Dietitians new to the field of Eating Disorders – those working in private practice, community or general inpatient/outpatient settings and dietetic students.

Overview
Assessing and treating a patient with an eating disorder is daunting for many dietitians. With potential psychological and medical co-morbidities, physiological and biochemical abnormalities, nutritional inadequacies, disordered eating behaviours and changing levels of motivation, case management can be complex. This educational and interactive workshop aims to reduce the uncertainty and apprehension of managing these cases for dietitians with limited experience or new to the eating disorder field.

Topics covered will include:
- How to provide a comprehensive nutritional assessment
- The idiosyncrasies of diagnosis
- Evidence-based treatment and what to do when there’s limited evidence
- Nutritional management: where the boundaries lie
- Managing families and young people
- Clinical challenges and the recovery process
- Following presentations from a group of experienced eating disorder dietitians there will be case study analyses and a panel discussion

This workshop forms part of the 11th Annual Conference of the Australia & New Zealand Academy of Eating Disorders

Register for the workshop alone or the conference at:  http://conference.anzaed.org.au

Enquiries to Jeremy Freeman: anzaed@anzaed.org.au  Registration fees start at $80
Eating Disorders: What the heck do I do?  
A workshop for nurses and other health professionals  
1.30-5pm 22nd August 2013  
Pullman & Mercure Albert Park Hotel, Melbourne

PRESENTERS
Facilitators encompass a variety of nursing backgrounds spanning the age spectrum and treatment settings: Joanne Titterton, Alyson Wheelhouse, Michelle Caughey, Michelle Snell, Gail Anderson, Hayley Bennett, Julie Moltmann, Ruth Willis, Lisa Stokes & Sharon Crowley

TARGET AUDIENCE
Nurses and other health professionals who are interested in or currently working in the eating disorder specialty.

OVERVIEW
Caring for people with an eating disorder can often be a daunting and stressing, although rewarding, experience. This workshop will explore many of the common issues faced by frontline clinicians in their daily roles as health practitioners’ caring for a unique patient group. Such clinicians are pivotal to successful treatment outcomes for people with an eating disorder.

TOPICS COVERED WILL INCLUDE:
- Challenging behaviours; why they occur and how to manage them
- The role of the nurse within a treating team
- Self-care, why and how!
- First-hand experience: positive outcomes, they do happen!

The workshop forms part of the 11th Annual Conference of the Australia & New Zealand Academy of Eating Disorders.

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Enquiries to: anzaed@anzaed.org.au

A limited number of $40 scholarships are available for practising nurses, arranged by the presenters of the workshop