

The Centre for Eating and Dieting Disorders  
is pleased to present a workshop  
in Wollongong:

## The Psychological Treatment of Eating Disorders in Adults and Older Adolescents

### Workshop Outline:

This workshop is designed to provide participants with sound clinical skills in **assessment**, **general management** and **specific therapy skills** for eating disorders. While the focus is on practical, clinical skill development, some **background theory** and several **preceding skills** will be presented. This includes **understanding the psychological pathology** inherent in the eating disorders and why clients are typically **resistant to change**. It will also include **diagnosis** and **case formulation skills**. Important management issues are discussed, including issues in **medically unwell clients** and the **therapist's own attitudes** towards dieting and body-image.

Specific **motivational enhancement therapy** techniques are presented, with illustrations for use and integration throughout the assessment and treatment processes. A variety of other psychological interventions will be presented, with opportunities for practice, including **cognitive restructuring**, **cognitive defusion**, **acceptance** and **mindfulness-based** therapy and **behavioural experimentation**. The workshop will incorporate lecture materials, role-plays and other exercises designed to increase skill acquisition and therapy techniques demonstrated by the presenters. **Comprehensive materials and handouts** will be provided to optimise skills acquisition and ongoing learning beyond the workshop.

**23 - 24 September 2010**  
**9.00am to 4.30pm,**  
**Wollongong Hospital,**  
**Level 8, Conference Room1**  
**Wollongong**  
**NSW 2500**



## Who is this Workshop for?

Any allied health, nursing, medical professional, counsellor or other professional working with people who have eating disorders are welcome to attend

### Goals of Workshop:

- Learn how to conduct a **comprehensive assessment and formulation** for patients with eating disorders
- Develop skills in the **clinical management of patients** with eating disorders, including **medical morbidity**.
- Develop skills in **Motivational Enhancement Therapy** for engaging clients ambivalent about change
- Learn strategies for managing cognitions in patients with eating disorders using **cognitive behavioural approaches** as well as **mindfulness based approaches**.
- Learn strategies for managing **emotional dysregulation** and **emotional avoidance**
- Managing **behavioural changes** in eating disorders.
- This workshop provides opportunities to practice **integrating cognitive behavioural and acceptance/mindfulness based strategies** as applied to patients with eating disorders

## About the Presenters

### Chris Basten (B.A. Hons; M.Psychol; Ph.D.)

Chris B is a clinical psychologist who has previously worked in and managed a hospital eating disorders service. He has undertaken research in the field of eating disorders and has been active in training GPs and psychologists in the area for many years. Chris now works in private practice seeing clients and conducting supervision, and also consults to health services

### Chris Thornton (B.Sc. Hons; M.Psychol)

Chris T is a clinical psychologist, teacher and researcher who specialises in the eating disorders. He has established a number of highly effective day programs, has consulted to several eating disorders units throughout NSW and has published numerous chapters and research articles in this field. Chris now works primarily in his private practice, seeing clients, teaching and conducting supervision.



## WORKSHOP VENUE

The workshop will be held in **Conference Room1** on level 8 (Block C) of the Wollongong Hospital, Crown St, Wollongong. The attached map of the Wollongong Hospital site indicates the building that will be used for the workshop. Easiest access is via Crown St, but can also be made via Loftus St.

### **Parking**

Limited parking is available adjacent to Wollongong Hospital in New Dapto Road, (off Crown St) at a cost of **\$11** per day. Street parking with 2hr limits is available on immediately surrounding roads, with untimed parking on other streets 5-10mins walk from the grounds.

### **Public transport**

The nearest train station is Wollongong train station on Gladstone and Crown St's. It is approximately a 10 minute walk up Crown St from the train station to Wollongong Hospital. Information about the free shuttle buses can be found at:

[www.131500.com.au/pdf/gongshuttleposter.pdf](http://www.131500.com.au/pdf/gongshuttleposter.pdf)



## ACCOMMODATION OPTIONS

The venue is located in the city's CBD. It is within walking distance to accommodation, restaurants and the beach. Free day bus services also run within the CBD area.

For further information on the workshop  
please contact Cathy Anderson

Ph: 4254 1542 or email [catherine.anderson@sesiahs.health.nsw.gov.au](mailto:catherine.anderson@sesiahs.health.nsw.gov.au)



This document will be a **tax invoice** for GST when it is completed and you make a payment.  
Please retain a copy for your records. Please complete a separate form for each person registering.  
**ABN:** 15211513464

## WOLLONGONG WORKSHOP

### PLEASE PRINT CLEARLY IN BLOCK LETTERS

All prices are inclusive of GST. Early registration is recommended as places are limited. Registration includes conference materials, morning and afternoon teas and lunch. Registration will only be confirmed when payment has been received.

### SECTION 1: Personal Details

Title: ..... Given Name: ..... Surname:.....

Position/profession..... Organisation/Private practice.....

Mailing Address: .....

Suburb: ..... State: ..... Postcode: .....

Work Phone: ( ) ..... Work Fax: ( ) .....

Email: ..... Mobile: .....

Please print clearly as confirmation will be sent by e-mail

Special Needs (Eg dietary, mobility).....

How did you find out about the workshop: .....

Please include me on the CEDD email list (I am not already on it) ( **Y / N** )

### SECTION 2: Payment (gst included)

**Registration Fee** \$240

**Student Rate** (Places limited) \$190

Yes I wish to attend, and pay by (please tick):

Cheque (Please make cheques payable to "University of Sydney ")

Visa  Mastercard

Please debit my credit card to the value of \_\_\_\_\_ for Eating Disorder workshop

Card Number: ...../...../...../..... Expiry:...../.....

Name on Card: ..... Signature: ..... date ...../...../.....

#### Please forward your registration form and payment to:

Evonne Englezos – CEDD,  
Wollongong Workshop Registration,  
1-3 Derwent Street., Glebe, NSW 2037

Fax: 61 2 8587 0208 or Email: [conference@cedd.org.au](mailto:conference@cedd.org.au)

Places are limited and will be accepted on a first come first served basis. Applications will be acknowledged via email within 2 weeks, and refunded should the workshop be full. Places will only be reserved when payment is received unless prior arrangements are made.

