

Queensland Eating Disorder Service (QuEDS)

Presents:

Professor Janet Treasure

Collaborative Care in Eating Disorders

2018 QuEDS Masterclass



Monday 29th October 2018

8:30am – 5:00pm

RBWH Education Centre

Internationally recognised for her work at the Maudsley Hospital and King's College, London Professor Treasure OBE PhD FRCP FRCPsych is a psychiatrist who has specialised in the treatment of eating disorders for more than 25 years.

She is currently the director of the Eating Disorder Unit and Professor of Psychiatry at the Institute of Psychiatry, King's College, London. In early 2013 she was awarded Officer of the Order of the British Empire (OBE) for Services to People with Eating Disorders.

During her career, Professor Treasure has edited seven academic texts on eating disorders and authored three self-help books, including, Getting better bite by bite on bulimia nervosa, Anorexia nervosa, a survival guide for families, friends and sufferers, and Caring for a loved one with an eating disorder: a skills based manual of the new Maudsley method, for families and parents of people with an eating disorder. Professor Treasure has been active in research and has authored more than 600 scientific articles and trained over 20 PhD students in research on eating disorders. In 1984, she was awarded the Gaskell medal from the Royal College of Psychiatrists. In 2004, she was awarded the Academy for Eating Disorders (AED) Leadership Award in Research, which honours individuals who, over a substantial period, have used research to develop new knowledge about eating disorders.

As a prime example of someone who brings science and clinical work together, the focus of Professor Treasure's Masterclass will be on collaborative care, exploring the formulation, and carer self-management approaches for supporting people affected by eating disorders. See over for more details. Open to all clinicians as well as carers.

The Queensland Eating Disorder Service (QuEDS) is pleased to offer the 2018 Masterclass free of charge. We are grateful for the support of Professor Treasure and the Mental Health, Alcohol and Other Drugs Branch Clinical Excellence Division, Department of Health as well as the Eating Disorders Association of Queensland.

Places are limited. Please register early. To attend in person or via videoconference please email by COB on Friday 19th October with MASTERCLASS in the subject line to QuEDSEducation@health.qld.gov.au

Professor Janet Treasure to lead the 2018 QuEDS Masterclass on Collaborative Care in Eating Disorders

8:30am - 12:45pm Working collaboratively with people affected by eating disorders for health professionals

The programme will begin with a morning session for health professionals examining social factors as part of the formulation of eating disorders and then consider the maintaining social factors and impact eating disorders have on personal relationships and whether they can inadvertently sustain the disorder, or become a resource for recovery.

Although some models emphasise solutions over cause, Professor Treasure will discuss how it is critical to establish a clear and detailed formulation for eating disorders. This is important, so everyone – the team, the individual and their carers – can have a shared understanding of cause and knowledge of where treatment is going. Based on predisposing, precipitating and maintaining factors to build a cognitive interpersonal model for the individual, the formulation will include an explanation of what is currently known about heritability and genetic correlations and how personality traits can act as both precipitating and maintaining factors in eating disorders.

12:45pm - 1:30pm Lunch Break (self-catered)

1:30pm - 2:00pm Carer meet and greet with Professor Treasure (light afternoon tea provided)

2:15pm - 5:15pm Carer self-management approaches (health professionals welcome to stay for this session)

The afternoon session, open to both health professionals and carers of people affected by eating disorders, will focus on carer self-management approaches, which have been widely applied and tested, for people who form the support network, including parents, partners and siblings. The aim is to promote a collaborative approach to providing social support and steps to recovery, with teaching through lived experience of eating disorders.

The profound and multiple interpersonal effects of eating disorders and how these can either act as maintaining factors or support recovery will be outlined. The different approaches clinicians and carers can take will be discussed and how, whilst we may perceive ourselves as taking a nurturing, caring stance, we have in fact become coerced into maintaining the condition. The divisions that can occur (between treatment teams and carers) will also be explored. This session will cover the essential nature of carer self-management and will include an exploration of the critical but challenging skills that carers (and clinicians) need to employ in supporting someone affected by an eating disorder: advanced communication, high levels of empathy and conflict avoidance. It will be open to carers and family members of people affected by eating disorders as well as health professionals.

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