

A course by the Training Institute for Child and Adolescent Eating Disorders
Family-Based Treatment of Eating Disorders in Adolescents: The Maudsley Method

Chicago, Illinois
September 13 & 14, 2010

Daniel le Grange, Ph.D. & Renee Hoste, Ph.D.

Objectives

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.

Learning Objectives

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

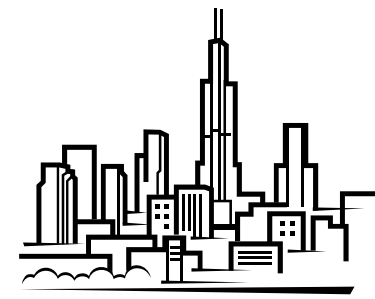
Faculty Bios

Daniel Le Grange, Ph.D. is Professor of Psychiatry and Behavioral Neuroscience and Director of the Eating Disorders Program at The University of Chicago. He received his doctoral education at the Institute of Psychiatry, University of London, and trained in family-based treatment for adolescent anorexia nervosa at the Maudsley Hospital. He completed postdoctoral training at the Institute of Psychiatry, University of London and introduced the Maudsley Approach to his colleagues when he moved to the United States to do a postdoctoral fellowship at Stanford University School of Medicine. Dr. Le Grange is the author or co-author of more than 175 research and clinical articles, books, and abstracts. Most of his scholarly work is in the area of family-based treatment for adolescent eating disorders, including the first study of two outpatient family-based treatments for adolescents with anorexia nervosa. He is co-author of two family-based treatment manuals based on the Maudsley Approach. He is also co-author of a parent handbook for eating disorders in children and adolescents, and a parent case book of family-based treatment for anorexia nervosa. Dr. Le Grange's research has mostly been supported by the National Institutes of Health.

Renee Hoste, Ph.D. is an Instructor of Psychiatry and Behavioral Neuroscience in the Department of Psychiatry at The University of Chicago. After earning her Bachelor's degree at the University of Michigan, Dr. Hoste received her Ph.D. from Northwestern University and completed her clinical psychology internship at The University of Chicago. Dr. Hoste has been part of the Eating Disorders Team at The University of Chicago for eight years, and in that time has served as a study therapist on three NIMH-funded treatment studies comparing family-based treatment to other forms of psychotherapy. She is a faculty member of the Training Institute for Child and Adolescent Eating Disorders and provides supervision to therapists interested in becoming certified to conduct family-based therapy. Her research interests include the impact of the family on treatment outcome for adolescent eating disorders, the role of expressed emotion in treatment outcome, and cross-cultural differences in expressed emotion.

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The Institute

The Training Institute for the Treatment of Child and Adolescent Eating Disorders was formed as a joint endeavor by Drs. Lock and le Grange, in an effort to educate and train health care specialists in the treatment of eating disorders. With the rise in diagnoses of eating disorders among the adolescent population, there has been a greater need to have health care specialists available to provide adequate treatment. Drs. le Grange and Lock have studied available therapies and have found Family-Based Treatment to be empirically supported as effective in battling these disorders. Attendees of their trainings will become knowledgeable of the scientific support, rationale, and fundamental assumptions of FBT, as well as learn how to implement the therapy in practice.

Credits

There are **no CME or CEU credits** for this course. Attendees will be receiving training from experts in Family-Based Treatment for use in therapeutic practice or expansion of knowledge of therapeutic approaches for eating disorders.

Program

Day 1

- 8:00 Registration & Light Breakfast
- 8:25 Introduction
- 8:30 Fundamental assumptions of FBT and overview of the approach
- 10:30 Break
- 10:45 Critical review of systematic support for FBT
- 12:00 Lunch
- 1:00 Phase 1 of FBT in detail (including role plays)
- 2:45 Break
- 3:00 Remainder of Phase 1 and Phase 2 of FBT (including role plays)
- 5:00 Adjourn

Day 2

- 8:00 Sign in & light breakfast
- 8:30 Questions from Day 1
- 9:00 Phase 3 (including role plays)
- 10:30 Break
- 10:45 DVD of Family commenting on FBT
- 11:15 Application of FBT in local context
- 12:30 Lunch
- 1:30 Discussion with local therapists about FBT peer supervision
- 2:00 Adjourn

Registration

Cost for the training will be \$495, payable by check to the Training Institute for Child and Adolescent Eating Disorders. Trainees are eligible for a discounted registration fee of \$250.00. Registration will take place online. Please visit www.train2treat4ed.com and follow the link to register from the “Register” tab. Payment must be remitted prior to the course to hold your spot, as space is limited.

Location

This course will take place on the campus of the University of Chicago in Chicago, Illinois. The Quadrangle Club is located at 1155 E 57th St · Chicago, Illinois. Parking is available on the street near the Quadrangle Club.

Accommodations

For those coming from greater distances, we suggest residing at the Quadrangle Club. Reservations can be made by calling (773) 493-8601. Participants may also stay at one of the many hotels in downtown Chicago and take a taxi to Hyde Park.

Contact

For any questions or concerns please contact Kristen Anderson via the www.train2treat4ed.com website or by calling 773-834-9180.

