

A course by the *Training Institute for Child and Adolescent Eating Disorders*

Family-Based Treatment of Eating Disorders in Adolescents: The Maudsley Method

James Lock, MD, PhD

Kathleen Kara Fitzpatrick, PhD

February 25 & 26, 2012

Palo Alto, CA

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

James Lock, MD, PhD

Professor of Child Psychiatry and Pediatrics
Stanford University
Director, Eating Disorders Program for Children and Adolescents
Lucile Packard Children's Hospital

Dr. Lock is a board certified child and adolescent psychiatrist who specializes in the treatment of eating disorders. Dr. Lock has published over 150 articles, abstracts, and book chapters and is the co-author of "Treatment Manual for Anorexia Nervosa: A Family-Based Approach," "Help Your Teenager Beat an Eating Disorder," and "Treating Bulimia in Adolescents: A Family-Based Approach." He has lectured widely in the US, Canada, South America, Europe, and Australia. He has continuously been funded by the NIH to conduct treatment research in eating disorders in children and adolescents as well as adults, since 1997. His current endeavors include a study comparing treatments (including FBT) of bulimia nervosa in adolescents, and the study of a novel therapy in the treatment of anorexia nervosa in adults.

Kathleen Kara Fitzpatrick, PhD

Instructor, Child Psychiatry and Behavioral Sciences, Stanford University School of Medicine

Dr. Fitzpatrick is a licensed clinical psychologist who has worked in the Eating Disorders Clinic at Stanford with Dr. Lock for five years. She specializes in neuropsychological assessment of eating disorders and evaluation of treatments for children and adolescents. Her current research interests focus on the development of Cognitive Remediation Therapy (CRT), which utilizes neuropsychological components to address cognitive and behavioral difficulties associated with eating disorders. In addition to working as a therapist on research treatment studies, she also provides supervision to therapists on different treatment modalities.

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Program

Day 1, February 25

- 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, February 26

- 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

Location

This course will take place on the Stanford University campus in Palo Alto, California. The classroom will be located at 401 Quarry Rd, Stanford, CA 94305 (the Psychiatry and Behavioral Sciences Building), Room 2209. For all directions, once you enter the lot, take a left to get to visitor parking spots in front of the building.

Directions

From 280 S, take the exit for Sand Hill Rd. W towards Stanford. Follow Sand Hill for roughly 3.5 mi until Vineyard Rd. Take a right onto Vineyard, crossing Quarry at the second light and entering the parking lot of the building.

From 280 N take the Alpine Rd. exit, turning right on Alpine. Follow this roughly 3 mi until you reach the light at Sand Hill Rd. Take a right onto Sand Hill and then follow the remainder of the directions from above.

From 101 N or S take the Embarcadero Rd. exit. Follow this until you cross El Camino Real and the road becomes Galvez St. Take the first right onto Arboretum Dr. and follow this until you reach Quarry Rd. at the second light. Take a left onto Quarry and at the first light at Vineyard Rd. take a left into the building parking lot.

Accommodations

For those coming from greater distances, we suggest residing at the Sheraton Palo Alto, 625 El Camino Real, Palo Alto, CA 94301, (650) 328-2800, located at a short walking distance from the course site. Please be aware that reservations should be made early as Stanford's Parents' Weekend is occurring the same weekend.

The Institute

The Training Institute for the Treatment of Child and Adolescent Eating Disorders was formed as a joint endeavor by Dr. Lock and Dr. Daniel le Grange, experts in the field of eating disorders, 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. Lock and le Grange 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.

Registration

Cost for the training will be \$495, payable by check to the Training Institute for Child and Adolescent Eating Disorders. 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.