CEED is excited to be working with Andrew Wallis again to offer an intensive training workshop in Multi-Family Therapy for AN (MFT-AN). The training is available to clinicians from Victorian Mental Health services as the next stage in establishing a skilled, sustainable workforce to provide MFT-AN across Victoria. This training can also be available to clinicians outside these services, for example those working in private practice, and clinicians and services from interstate.

The training will be facilitated by Andrew Wallis, clinical specialist social worker and family therapist from the Eating Disorder Service, The Children’s Hospital at Westmead (CHW). In 2014, CHW were the first service in Australia to systemically integrate MFT-AN as an additional treatment option for young people with AN.

Andrew has been working with adolescents and their families for more than 20 years. In 2003 with colleagues at CHW, Andrew established the first Family-Based Treatment program for adolescent Anorexia Nervosa in Australia. He has been providing training, consultation and supervision in Australia and New Zealand for more than 10 years, and helping to support public and private services to implement family therapy approaches to adolescent problems. Andrew has trained extensively with the developers of MFT-AN since 2011, including facilitating MFT-AN at the Maudsley Hospital in the UK and co-facilitating MFT-AN training with Ivan Eisler in Sydney in 2015. Andrew has also provided supervision to the CEED team throughout CEED’s implementation of the MFT-AN program.

OBJECTIVES/TARGET AUDIENCE

The training workshop utilises material from the Maudsley MFT training with attention to the Australian context.

Participants will:
- learn the key MFT-AN treatment concepts
- experience the activities used in the 4-day workshop
- understand the facilitation skills needed for successful implementation

The workshop will run as an experiential group so participants will see the facilitation skills demonstrated and have an opportunity to practice. Many participants from the 2017 MFT training reported that the workshop was very helpful for their work as FBT clinicians.

Target Audience: Health professionals working with adolescents with anorexia nervosa. Registrations from Victorian public mental health service clinicians will be prioritised.

TRAINING PREREQUISITE

Prior completion of training and clinical practice of Family-Based Treatment (FBT) is required.
WHAT IS MULTI-FAMILY THERAPY FOR ANOREXIA NERVOSA (MFT-AN)

MFT-AN is an intensive group program run by the Maudsley Hospital UK since 2000 for families with a young person experiencing AN. The program involves 5-7 families in an intensive 4 day workshop, followed by a number of single day workshops over a period of several months. MFT-AN draws on the principles of single family therapy for AN (FBT-AN) and consists of structured and guided activities, including active support at meals, group therapy, family therapy and psychoeducation along with creative and reflective activities.

MFT-AN promotes a return to physical wellbeing through weight gain and normalised eating, as well as encouraging appropriate adolescent development and strengthening family relationships. MFT-AN provides an intense, collaborative environment for families to share experiences and practice new ways of doing things.

CEEDS’ COMMITMENT TO/INVOLVEMENT IN THE DELIVERY OF MFT-AN

The CEED MFT team is led by Dr Beth Shelton and made up of CEED clinicians Rachel King, Michelle Roberton, Dr Sarah Haberle and Alex Hillman. The team trained in MFT-AN with Ivan Eisler, Emeritus Professor of Family Psychology and Family Therapy, Institute of Psychiatry, Kings College London, and in 2015 consulted with Prof Eisler regarding the implementation of MFT-AN in Victoria. Since that time, CEED have been successfully leading MFT-AN in partnership with Victorian CAMHS & CYMHS with supervision from Andrew Wallis.

CEED has been privileged to work with Victorian services over the last two years to provide MFT-AN to families with very strong and positive responses.

What Families Say about MFT:

... Being with and hearing from all of the other families and their young ones give so much hope and encouragement and strength. (mother)

... We are walking away as a family – stronger and united, sharing stories and the openness of the other families- we are not alone. (mother)

... it is extremely beneficial and brilliant to be a part of. (young person)

...My experience was extremely helpful, not only to me but my family as well. It was intense but in a good way. (young person)

...Sensational. After being overwhelmed by the reality of the AN assessments, I (we) didn’t feel ready to accept or participate. Upon completion, I feel so pleased to have made the effort. (father)

All family members who have participated in MFT-AN in Victoria, including all the young people experiencing AN, have said afterwards that they would recommend the program to other families.

As a result of the services’ and families’ valuing of MFT-AN, CEED has committed to continue to provide this program to Victorian families in collaboration with CAMHS and CYMHS and to work with services to build clinician experience and skills to provide MFT-AN more widely and sustainably in Victoria.
MFT-AN 4 DAY TRAINING

Date & Time: Tuesday 30 October – Friday 2 November 2018, 9.00am – 4.30pm
Venue: Hospital Education Centre (HEC) | Royal Melbourne Hospital - Royal Park Campus |
34-54 Poplar Road, PARKVILLE, 3052, VIC

REGISTRATION

CEED encourages and prioritises Victorian CAMHS and CYMHS applications, but welcomes registrations for the workshop from across Australia and New Zealand. To register, please complete the information below & mark the appropriate choice of the 3 booking categories & any workplace arrangements.

**Note the discount for services with 2 or more registrations & invoicing for full payment not required until end of August**

Cost: Please mark appropriate cost to be paid. Morning tea, lunch and afternoon tea will be provided.

☐ $850 (individual fee)
☐ $1500 ($750 for 2 clinicians from same service/team)
☐ $2250 ($750 for 3 clinicians from same service/team)

Registrations close C.O.B Friday 31 August, 2018. Places will be limited for this small group intensive training.

Name: ................................................................. Position: .................................................................

Email: ................................................................. Phone: .................................................................

Workplace: ........................................................................................................................................

☐ Individual booking and payment

☐ Mastercard ☐ Visa

☐ Cardholder Name: ................................................................. Expiry Date ....... /.......

Credit Card Number: .................................................................

CVV (3 digits): .................................................................

Amount: $........................................ Signature: ..................................................................................
OR

☐ Workplace booking and payment

☐ I wish to book a place for just myself ($850 individual fee) OR

☐ I wish to book a place with a least one other team/service members ($750 each if 2 or more):

☐ Name 1 ................................................................. Position ...................................................... Email ..............................................................

☐ Name 2 ................................................................. Position ...................................................... Email ..............................................................

☐ Name 3 ................................................................. Position ...................................................... Email ..............................................................

☐ Please send my manager a tax invoice so payment can be arranged

☐ Please see below my manager’s signature confirming registration approval, and that payment will be covered by workplace arrangements, and arrange a tax invoice for the deposit/s.

Manager Name: ........................................................................................................ Designation: ........................................................................................................

Manager Signature: .................................................................................................... Date: ........................................................................................................

Manager email (for forwarding of invoice): ........................................................................................................................................

**SCAN AND EMAIL COMPLETED FORM TO sarah.trobe@mh.org.au**

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PLEASE NOTE: Your registered place will be confirmed via email at close of registration date.