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The collaborative care approach To treating and beating an eating disorder

A pre-conference workshop for carers

By Professor Janet Treasure

Thursday 11th May, 2017, 9.00 am – 12.30 pm (Registration opens 8.30 am)
at the Novotel, Olympic Boulevard, Sydney Olympic Park, Sydney

Registration rates: \$75 Early Bird
\$90 Standard

To register online: go to
www.athomewitheatingdisorders.com/registration

Who is this workshop suitable for?

- Parents and adult family of a loved one with an eating disorder
- Clinicians (especially students) who want to gain insight into working effectively with carers

What will the workshop cover?

- What we know about how and why eating disorders develop and become embedded
- How and why relationships become difficult to manage
- Recognising caregiver styles – animal metaphors.
- How instinctive responses can sometimes hinder rather than help recovery
- Communication skills
- Supporting the cognitive, emotional and social factors that lead to change
- Providing a bridge to a social identity

Recommended Reading

During her illustrious career, Janet has edited seven academic texts on eating disorders and authored three self-help books:

Anorexia Nervosa – a survival guide for families, friends and sufferers

Janet Treasure

New edition with June Alexander available April 2013 Routledge ISBN: 0-86377-760-0

Skills-based Learning for Caring for a Loved One with an Eating Disorder

Janet Treasure, Grainne Smith and Anna Crane (second edition) 2017. Publisher: Routledge. ISBN: 978-0-138-82663-2.

Getting better bit(e) by bit(e)

Ulrike Schmidt & Janet Treasure

New edition with June Alexander 2015:

Publisher: Routledge

ISBN: 978-1138797376



About Janet Treasure

Professor Janet Treasure has more than 30 years of experience in the treatment and study of eating disorders. She is currently Director of the Eating Disorders Service in the South London and Maudsley Hospital, which is a world epicentre for developing better treatment and training clinicians in the management of eating disorders. She is also Professor of Psychiatry at University College London, and a fellow of the Academy of Eating Disorders.

Professor Treasure has been active in a number of research projects and has over 150 peer reviewed papers in print; she has also supervised over 20 PhD students in eating disorders research. Much of her research into and development of new treatments has been carried out collaboratively with, and has inspired by, patients and their families.



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