

Meal Coaching Strategies: A skills workshop to help you effectively navigate the good, the bad, and the ugly

A pre-conference workshop for carers

By Dr Roxanne Rockwell

Thursday 11th May, 2017, 1.30 – 4.30pm (Registration opens 1.00 pm)
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

This workshop will discuss how to achieve parental/carer success and efficacy during mealtimes, using interventions and strategies that align with Family Based Treatment for Anorexia Nervosa. The workshop will include role-plays and audio visual material. Attendees are encouraged to bring questions, barriers, and scenarios to this presentation.

Who is this workshop suitable for?

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

What will the workshop cover?

- Specific parental & carer strategies at mealtime
- Maintaining carer alignment and expectations
- Different mealtime scenarios and interventions and setting the expectation for success
- Effective mealtime communication
- Enhancing parent/carer efficacy

Learning objectives:

- The attendees will learn parental/carer strategies that can be utilised across various settings including home, outpatient care, and higher levels of care.
- The attendees will learn effective solutions to mealtime distress and how to maintain parental/carer alignment and agreement.
- The attendees will have the opportunity to hear similar scenarios, to ask questions, practice interventions and take home new mealtime strategies.



About Roxanne Rockwell

Dr Roxanne Rockwell is an assistant clinical professor in the Department of Psychiatry and the director of a world class adolescent eating disorder treatment service at the University of California (San Diego). This service is second to none in the manner in which it engages families in a collaborative relationship with the clinicians, providing education, and promoting the principles of recovery.

Dr Rockwell has played a primary role in devising and building the innovative individual and multi-family Intensive Family Therapy programs and the adolescent day treatment and intensive outpatient programs. Her clinical and research work focuses primarily on eating disorders (anorexia, bulimia and binge eating disorder) and weight management issues.

