

CME COURSE TITLE	First Steps in the management of eating disorders: Active Collaboration and Assessment with Patient and family.
COURSE DIRECTOR	Prof. Janet Treasure, UNITED KINGDOM
COURSE LEVEL	Basic
EDUCATIONAL OBJECTIVES	<ul style="list-style-type: none"> • Objective #1: Discuss the components of active collaboration and the development of formulation between the clinician, patient and family. • Objective #2: Develop skills of engagement with patient and family. • Objective #3: Using the skills of motivational interviewing to take steps into action.
COURSE DESCRIPTION	<p>This course will include a mixture of seminar based presentation of theory and evidence with time for discussion. The course will also include demonstrations of some fundamental skills such as how to engage with a case of eating disorders introducing the skills of motivational interviewing and motivational enhancement. The course will cover the theoretical and practical application of how models of behaviour change influence practice. Furthermore this course will help develop some of the core skills in managing people who are not ready to change. The basic principles of motivational interviewing will be discussed, demonstrated and enacted. Also there will be an introduction as to how to assess patient and family and develop a case conceptualisation. There will also be an introduction to work with carers.</p>
PREREQUISITE KNOWLEDGE	Some knowledge of basic psychotherapy.
COURSE METHODS AND MATERIAL	Case studies; role play; vignette; video; slides; handouts Includes the use of motivational interviewing with carers
RECOMMENDED READINGS	<ol style="list-style-type: none"> 1. Ulrike Schmidt & Janet Treasure 2003. Getting better bit(e) by bit(e). Routledge. ISBN: 0-86377-322-2 2. Janet Treasure.2007.Anorexia Nervosa - a survival guide for families, friends and sufferers. Routledge. ISBN:0-86377-760-0 3. Janet Treasure, Grainne Smith and Anna Crane 2007. Skills-based Learning for Caring for a Loved One with an Eating Disorder. Routledge.978-0-415-43158-3 4. Janet Treasure, Pam MacDonald, Ulrike Schmidt 2009 A Clinicians Guide to Collaborative care .Routledge. ISBN:978-0-415-48424-4 hbk 978-0-415-48425-1 pbk 5. Laird Birmingham, Janet Treasure. 2010 Medical Management of Eating Disorders Oxford University Press ISBN: 978-0-521-72710-5 6. June Alexander Janet Treasure, 2012. A Collaborative approach to Eating Disorders Routledge ISBN:978-0-415-58146-2
TARGET AUDIENCE	Clinicians who want a basic introduction to working with patients with eating disorders.
LANGUAGES	English