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BRITISH JOURNAL OF  
**HOSPITAL  
MEDICINE**

# Clinical Skills for Eating Disorders

**Special Master Classes to enhance  
your professional development**

**Korčula, CROATIA**

**20th & 21st May 2010**

## **PROGRAMME PLANNERS**

- **Bryan Lask**, is Emeritus Professor of Child & Adolescent Psychiatry at Great Ormond Street Hospital for Children and the University of London, Academic and Research Director, Ellern Mede Centre, London, and Visiting Professor and Research Director at the Regional Eating Disorders Service, Oslo University Hospital, Norway.
- **Dr Rachel Bryant-Waugh**, is Consultant Clinical Psychologist, Joint Head of Feeding and Eating Disorders Service, Great Ormond Street Hospital for Children and Honorary Senior Lecturer, Institute of Child Health, London

**CPD APPLIED FOR**



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# Master Classes in Clinical Skills

There will be four training tracks taking place each day. Please choose one training track to attend.

## Welcome

We are delighted to be able to offer you the opportunity to join us for these clinical skills master classes.

They will take place in the beautiful and historic island of Korčula off the Dalmatian Coast of Croatia.

Clinicians working with people with eating disorders know only too well that there is currently no "one size fits all" therapy, so that a range of techniques and types of intervention are a necessary part of any versatile therapist's toolkit.

We are fortunate to have excellent presenters, all well known for the high quality of their teaching as well as their clinical knowledge and expertise. We have selected novel treatment approaches so that delegates can build on and extend their current skills repertoire.

Our aim is for participants to be able to select two of five different training tracks and participate in an intensive 1-day course in each.

On day 1 we will start with a plenary in which each of the course leaders will make a brief presentation on key issues of treatment.

Participants will then join the training track of their choice for the rest of the day. On Day 2 participants will join their next choice of training track, followed by a closing plenary revisiting the key themes.

We have chosen a wonderful venue and are looking forward to a stimulating couple of days with time for informal discussion and relaxation with like-minded colleagues.

Hope to see you there!

*Rachel and Bryan*

**Rachel Bryant-Waugh  
and Bryan Lask**

## Day 1: Thursday, 20th May

08.15 – 09.00 Registration

09.00 – 10.00 **Opening panel session: Challenges in treatment**  
[Rachel Bryant-Waugh](#), [Bryan Lask](#), [Janet Treasure](#), [Kelly Vitousek](#),  
[Stephen Wonderlich](#), [Øyvind Rø](#)

10.00 – 10.30 Refreshments

*Choose between one of the following four parallel training tracks on day 1*

### A) The fun and challenge of working with eating disorders in childhood and adolescence

[Bryan Lask](#)

There is a wide range of eating disorders affecting children and adolescents. These include anorexia nervosa, bulimia nervosa, food avoidance emotional disorder, selective eating and functional dysphagia, amongst others.

The aetiology for each disorder is multifactorial, with biological, psychological and social factors all playing a part. Management is challenging in that there are often physical complications, co-morbidity and resistance. Thus treatment should always be comprehensive, taking into account each of the above factors, and tailored to the specific needs of the child.

This training track will provide an overview of these conditions and an in-depth discussion and demonstration of how to communicate with and treat children and adolescents with eating disorders. Delegates will gain clinical skills that will help them to overcome the challenges and, in the process, learn about the fun of working with this age group.

### B) Building a coherent framework of neuropsychologically based family work: compassionate, collaborative care

[Janet Treasure](#)

[Janet Treasure](#) jointly heads the eating disorders specialist inpatient and outpatient services run by South London and Maudsley NHS Foundation Trust with [Professor Ulrike Schmidt](#).

People with eating disorders, in particular, those with anorexia nervosa are often at high risk and/or are dependent on their families. Families find the care giving role stressful in part because they do not have the requisite skills and information. Many factors lead to families becoming burdened by care giving or entwined with the eating disorder behaviours. We have developed an educational, skills based intervention for carers which has been delivered with various degrees of intensity. This is based on a model which involves the biological basis of attachment, appetite and shared familial vulnerability traits. The aims of the intervention are to (a) remediate interpersonal maintaining mechanisms (b) improve communication (c) decrease expressed emotion (over protection and hostility) (d) increase behaviour change skills. In this presentation I will use case examples and video clips to illustrate some of the processes of this work and present some of our preliminary findings using this intervention.

### C) Engagement, communication and the therapeutic alliance

[Kelly Vitousek](#)

[Kelly Bemis Vitousek](#) is Associate Professor of Psychology and Clinical Associate Professor of Psychiatry at the University of Hawaii in Honolulu, Hawaii. She is also Co-Director of the Center for Cognitive-Behavioral Therapy at UH, and Director of its Eating Disorder Program.

Individuals with eating disorders are often seen as particularly hard to treat. Many enter therapy reluctantly, conceal their private experience, resist direct work on eating/weight, and drop out prematurely. This track will highlight shifts in perspective that can help us view these patterns both more compassionately and more constructively. Specific strategies for fostering engagement and change will be presented through examples, exercises, and discussion.

### D) Early traumatic experience in eating disorders: conceptual and clinical considerations

[Stephen Wonderlich](#)

[Stephen Wonderlich, Ph.D.](#), is the Chester Fritz Distinguished University Professor and Associate Chairperson in the Department of Clinical Neuroscience, University of North Dakota School of Medicine & Health Sciences. He is also Co-Director of the Eating Disorders Institute and Director of Clinical Research for the Neuropsychiatric Research Institute.

[Øyvind Rø](#)

[Øyvind Rø Ph.D.](#), is a Psychiatrist at Modum Bad Clinic and Regional Eating Disorders Service, Oslo University Hospital, Norway

This presentation will provide a brief overview of the scientific literature addressing a psychobiological link between trauma and eating disorders. The primary focus will be upon revising treatment strategies for psychopathology associated with trauma in eating disorder patients, the discussion of a new protocol for treating traumatized eating disorder patients, the impact of trauma on the treatment relationship, and a presentation and discussion of cases of eating disordered patients with trauma histories. Additionally, trauma focused cognitive behavior therapy, an evidence based treatment for trauma related psychopathology in children and adolescents, will be reviewed

# Workshops for Eating Disorders

Workshop on day 1 and one training track on day 2 (different from day 1)

10.30 – 12.00 **SESSION 1 (A,B,C,D)**

12.00 – 13.00 **Lunch**

13.00 – 14.30 **SESSION 2 (A,B,C,D)**

14.30 – 15.00 **Refreshments**

15.00 – 16.30 **SESSION 3 (A,B,C,D)**

16.30 **Close of day one**

## Optional Gala Dinner at Lešić Dimitri Palace

19.30 **Pre dinner drinks reception**

20.00 **Dinner and entertainment**

## Day 2: Friday, 21st May

Choose between one of the following four parallel training tracks:

### A) Working with mothers and mothers-to-be with eating disorders

**Rachel Bryant-Waugh**

Women with eating disorders who become pregnant or who are mothers of school aged children face a number of challenges. Common difficulties include coping with normal healthy weight gain in pregnancy, feeding infants and young children, managing family mealtimes and struggling with a fear that they will pass on their eating disorder to their children. If ignored these can hamper progress in recovery from an eating disorder and contribute to the development of problems in the children.

This training track aims to provide clinicians with practical strategies based on research, clinical experience, and feedback from mothers themselves. It will include information about eating disorders in pregnancy and postnatally, as well as consideration of common issues and difficulties that arise for women in their role as mothers. We will review relevant research findings, and discuss a range of suggestions and recommendations for clinical practice. A group intervention specifically designed for women with eating disorders will be described, and participants will receive handouts that will enable them to structure and run such a group. Clinical case material will be used by way of illustration.

This is an area of great importance for all clinicians working with women with eating disorders. It is also an area of work that can be hugely rewarding; helping women we work with to become confident, competent mothers.

### B) Building a coherent framework of neuropsychologically based family work: compassionate, collaborative care

**Janet Treasure**

Please see details of track above

### C) Engagement, communication and the therapeutic alliance

**Kelly Vitousek**

Please see details of track above

### D) Early traumatic experience in eating disorders: conceptual and clinical considerations

**Stephen Wonderlich, Øyvind Rø**

Please see details of track above

09.00 – 10.30 **SESSION 1 (A,B,C,D)**

10.30 – 11.00 **Refreshments**

11.00 – 12.30 **SESSION 2 (A,B,C,D)**

12.30 – 13.30 **Lunch**

13.30 – 15.00 **SESSION 3 (A,B,C,D)**

15.00 – 15.30 **Refreshments**

15.30 – 17.00 **Closing panel session: Challenges and treatment re-visited**

**Rachel Bryant-Waugh, Bryan Lask, Janet Treasure, Kelly Vitousek, Stephen Wonderlich, Øyvind Rø**

17.00 **Close of conference**

## Participants will have the opportunity to:

- Hear about new developments in treatment approaches
- Acquire practical clinical skills
- Learn from leading trainers and clinicians
- Consider the value of integrating therapies for eating disorders
- Meet like-minded colleagues to share experiences and clinical dilemmas

## Who should attend?

The course is aimed at all those involved in providing services for people with eating disorders, and all clinical professionals working with people with eating disorders in a variety of settings.

It will be of particular interest to:

- Psychologists
- Psychiatrists
- Nurses
- Therapists
- Counsellors
- Dietitians
- Those responsible for developing, managing and leading ED services

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## Venue:

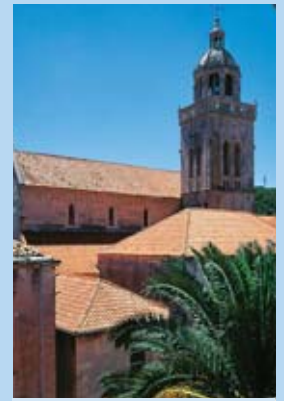
### Marko Polo Hotel, Korčula

Marko Polo Hotel, Post Code 20260,  
Korčula Island, CROATIA  
[www.korcula-hotels.com](http://www.korcula-hotels.com)

Located in a quiet, elevated sea-front position just 10 minutes from the old town of Korčula and bears the name of world-famous explorer Marko Polo. This hotel has been stylishly renovated in 2007. Air-conditioned buffet and à la carte restaurant, coffee bar, outdoor and indoor swimming pool, fitness centre, beauty treatments and conference facilities.



Marko Polo Hotel



View to the cathedral



View to the sea from Marka Polo Hotel



View from the Island



Korčula Old Town

### Lešić Dimitri Palace Hotel, Croatia



Interior of the Venetian room



Inside the Arabian room

# Accommodation and airport transfers from Dubrovnik and Split airports



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KORČULA - CROATIA

## Korčula Hotels

We recommend [www.korcula-hotels.com](http://www.korcula-hotels.com) for accommodation, airport transfers and sightseeing trips. Contact Mr Mirko, [mirko@htp-korcula.hr](mailto:mirko@htp-korcula.hr) or telephone +385 20 726 484. You will be offered a special rate when booking the following hotels – KORČULA, MARKO POLO, LIBURNA, BON REPOS or PARK. To ensure you receive the special rate, quote this reference when making a reservation: **CSED Conf**

## Extending your stay – sightseeing

During your visit you may like to include some time for sightseeing. Witness the famous Moreška dance, an ancient sword dance with Spanish origins, or perhaps you would prefer a tour of the picturesque medieval town of Korčula or a complete tour of the island's main attractions. Make time for walking, water sports or wine tasting. There are many cruises available around the twenty small islands of the Korčula archipelago which will introduce you to the beauty of the island's coastline. All these trips and many more can be booked direct with Mr Mirko, [mirko@htp-korcula.hr](mailto:mirko@htp-korcula.hr) or telephone +385 20 726 484 when making your hotel reservation.



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## Lešić Dimitri Palace Korčula

Alternatively, luxury accommodation can be booked at Lešić Dimitri Palace Korčula. Nestled above the Adriatic in the heart of the historic town of Korčula, Lešić Dimitri Palace offers exceptional accommodation in an 18th Century bishop's palace. Restored over a period of five years the palace now offers five-star boutique living combining stunning views and historical elegance with highly personalised service. It holds just six residences, each one inspired by a particular destination from the Silk Road travels of Marco Polo, the island's famous son. In addition to accommodation the palace offers a range of luxuries including spa treatments, access to its three private yachts, a wine bar and restaurant, bespoke excursions and concierge service.

For more information, go to [www.lesic-dimitri.com](http://www.lesic-dimitri.com) or phone +385 20 715 560. Rates start at 276 Euros per night (room only).

