

Report on the Family Based Therapy Course FBT attended at Great Ormond Street on 21st & 22nd July 2016.

Aim: The course was designed to improve the skills and practice of Attendees involved in Family Based Therapy for Anorexia Nervosa.

Venue: Leolin Price Lecture Theatre Institute of Child Health, 30 Guildford Street, London WC1N 1EH

What the course involved:

It was a 2-day course run by Dr James Lock and the aim was to increase the skills of participants on using Family Based Therapy to treat Anorexia Nervosa. The course involved studying the evidence base behind the Family Based Therapy as well as demonstration of how to effectively use it via teaching and interactive sessions that included role playing.

The first day was mainly theoretical and learning the theory of evidence base behind Family Based Therapy whilst the second day was interactive and involved role play with explanation of difficult scenarios.

Achieved objectives at the end of the course:

At the end of the course, my knowledge and skills of Family Based Therapy for Anorexia Nervosa improved as follows:

The sequential process of carrying out Family Based Therapy was made clearer and the stages from pre-therapy to post-therapy was elucidated with key skills learnt on how to impart patient and family with the skills and knowledge necessary for meal completion and meal support.

The course facilitator also gave a clear picture on timeline and what to do with difficult cases.

Effects on Practice:

Following attendance of this course, I now assist the Family Therapist in seeing patients and their families for Family Based Therapy and I have brought the experience and skills acquired from the course to multidisciplinary settings in the form of presentations and care plan suggestions.