

### **Training Session:**

## **WHAT'S NEW IN THE EVALUATION AND MULTIDISCIPLINARY TREATMENT OF INDIVIDUALS WITH EATING DISORDERS?**

**Presenter : Dr. Steiger**

**Training offered by** the Eating Disorders Program of the Douglas Mental Health University Institute

### **Target audience**

Practitioners in various disciplines including doctors, psychologists, social workers, occupational therapists, nurses, nutritionists and other health professionals.

### **Context**

Since its creation in 1986, the Eating Disorders Program of the Douglas Mental Health University Institute has offered services and support for adult Eating-Disorder (ED) sufferers. The program is recognized nationally and internationally for the quality of its clinical services, its research and its teaching programs

### **Goal**

The goal of the teaching program is inform and equip clinical practitioners interested in acquiring the knowledge and skills necessary to evaluate and effectively treat individuals with eating disorders.

### **Content**

The day-long teaching program summarizes the phenomenology and epidemiology of eating disorders—Anorexia Nervosa, Bulimia Nervosa, and Eating Disorder Not Otherwise Specified. In addition, it reviews recent research on the etiology, comorbidity, and treatment of individuals with eating disorders.

### **Methodology**

The first part of the training program emphasizes multidimensional and biopsychosocial factors implicated in eating disorders, such as

- 1) biological processes (e.g., hereditary influences on mood, appetite and temperament)
- 2) sociocultural influences (e.g., obsession with thinness, physical conditioning, values associated with being female)
- 3) psychological components (e.g., specific eating disorder attitudes and general self-esteem issues, developmental factors, associated psychological traits, etc.).

The second part of the training presents therapeutic orientations and techniques in the treatment of Anorexia Nervosa and Bulimia, tailored to first- and second-line treatment contexts.

# Program

09 h 00 – 10 h 15	<p>Phenomenology: What is an Eating Disorder?</p> <p>Comorbidity</p> <p>Biopsychosocial Influences</p> <p>Medical and Psychological Consequences: When to intervene and when to ask for help?</p>
10 h 15-10 h 30	Coffee break
10 h 30 – 12 h 00	Introduction to treatment: The role of individual therapy, family consultations, group therapy and pharmacotherapy.
12 h 00 – 13 h 00	Free lunch
13 h 00 – 14 h 15	<p>Therapeutic techniques:</p> <p>Motivational Therapy</p> <p>Psycho Education</p> <p>Cognitive-Behavioural Therapy</p> <p>Therapeutic Techniques Utilized with Comorbid Personality Disorders</p>
14 h 15 – 14 h 30	Coffee break
14 h 30 – 16 h 00	<p>Group Therapy (day programs, inpatient care and outpatient groups)</p> <p>Pharmacotherapy</p> <p>Nutrition</p> <p>Case discussion</p> <p>Summary and Conclusion</p>

## Participants will be able to:

- Make an eating disorder diagnosis
- Identify individuals with eating disorders, as well as the bio-psycho-social components contributing to the etiology of the disorder;
- Identify and evaluate the most common medical consequences associated with eating disorders;