

The Carer's Balancing Act: Overcoming Barriers to Collaboration

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How does it feel when we are not on the same page as our loved one? What is going on when despite our best intentions, we feel frustrated, impatient, or disconnected? What gets in the way of being collaborative and compassionate when the going gets tough?

The purpose of this workshop is to help carers identify barriers to maintaining a collaborative stance with their loved one and to explore ways that mindfulness and compassion can help in overcoming these barriers. This workshop will be useful for carers of youth or adults with eating disorders.

The workshop will include a review of research on collaboration and its barriers and opportunity to reflect upon experiences and learn strategies that assist in maintaining a collaborative stance in situations where it is most needed.



Dr. Josie Geller is an Associate Professor in the Department of Psychiatry, University of British Columbia & Director of Research in the Eating Disorders Program at St. Paul's Hospital, Canada.

Josie's clinical and research interests over the past two decades have focused on internal and inter-personal factors that facilitate change in individuals with eating disorders. This includes use of a collaborative stance to facilitate engagement, understanding and managing readiness and motivation for change, and working with treatment non-negotiables to enhance patient autonomy.

<http://conference.2017.anzaed.org.au/carers-workshop>



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