

USING DIARY WRITING IN THE TREATMENT OF EATING DISORDERS

Presented by June Alexander

FRIDAY 11TH MAY 2018

9.00am – 4.30pm



THE VICTORIAN
CENTRE OF
EXCELLENCE IN
EATING
DISORDERS

OVERVIEW OF THE WORKSHOP

The use of the written narrative can enhance the effectiveness of eating disorders treatment. The workshop includes exploration of:

- How the diary, when used in a therapeutic relationship built on trust, can facilitate recovery by being a voice for the patient and a data-gathering tool for the therapist
- The role of the diary as a friend and sometimes foe during the recovery process
- How different forms of writing may be incorporated into the therapist-patient relationship process and treatment being provided, to promote confidence, trust, and ongoing recovery
- Writing and other creative tasks designed to provide narrative skills and techniques

Excerpts from June's book "*Using Writing as a Therapy for Eating Disorders – The Diary Healer*", the creative work in her PhD, seed discussion on how the diary can be integrated into treatment and recovery. For details, see www.thediaryhealer.com or go to <http://acquire.cqu.edu.au:8080/vital/access/manager/Repository/cqu:13833>

ABOUT THE PRESENTER

June Alexander has written nine books about eating disorders since her recovery from anorexia nervosa and other long term mental health challenges in 2006. June's contribution to the eating disorder field was recognised at the 2016 Academy for Eating Disorders International Conference in San Francisco where she was awarded the Meehan/Hartley Award for Public Service and Advocacy. June is currently a member of the Patient and Carer Committee with the Academy for Eating Disorders, co-chair of the NEDC Steering Committee Evidence of Experience Group, member of the AED Advisory Board and Carer and Consumer Committee, a foundation steering committee member of the inaugural World Eating Disorders Action Day in June 2016, and an Advisory Panel member for F.E.A.S.T.

OBJECTIVES/TARGET AUDIENCE

The training will involve didactic, interactive and experiential practise opportunities. Prior knowledge of understanding assessing and treating eating disorders is assumed.

Target Audience: Health Professionals working with adolescents or adults with eating disorders, including mental health clinicians, dietitians, social workers, psychologists, mental health nurses, occupational therapists, psychiatrists and general practitioners
Registrations from Victorian public mental health services clinicians will be prioritised.

VENUE & BOOKING

Venue:	Hospital Education Centre (HEC) Royal Melbourne Hospital - Royal Park Campus 34-54 Poplar Road, PARKVILLE, 3052, VIC
Cost:	Clinicians employed in Victorian public mental health services: \$120.00 Other health professionals: \$185.00 Morning tea, lunch and afternoon tea will be provided
Registration link:	Go to: http://www.trybooking.com/BXKG
Registrations close:	C.O.B. Thursday 26th April 2018

Training content enquiries: Sarah Haberle, E: sarah.haberle@mh.org.au, T: (03) 8387 2094
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PLEASE NOTE: Your registered place will be confirmed via email at close of registration date.