

# Temperament Based Therapy with Supports (TBT-S)

Face-to-Face Training Returns to **Melbourne, Australia!**

Brought to you by Eating Disorders Families Australia in partnership with CEED (Centre of Excellence in Eating Disorders) & Eating Disorders Victoria.



DR LAURA HILL



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## TWO LEVELS OF TBT-S TRAININGS FOR TREATMENT PROVIDERS/CLINICIANS

**Level 1:** February 20th. Tandem Carers.  
**Where:** 70 Trenerry Cresc. Abbotsford.

**Level 1 & 2:** February 20 – 23rd  
**Level 2 only:** February 21-23 (must already have Level 1 accreditation.)  
**Where:** EDV, Level 2, 16 Lulie St. Abbotsford

**Times:** 8:30am-4pm

**TBT-S Level 1** is a one-day introduction to this novel treatment. It will focus on:

- Why and how to share ED neurobiological alterations with clients
- What, why and how to utilise a wide range of client temperament traits as their strengths to manage their symptoms
- Why, when and how to include Support persons in ED adult treatment
- Introduction to TBT-S Treatment tools.

**TBT-S Level 2** is a three-day training focusing on clinician practice and application of TBT-S tools.

## NEW INTERNATIONAL EVIDENCE ON TBT-S TREATMENT EFFECTIVENESS IS SHOWING:

- reduced adolescent and adult client resistance and increased motivation in both adolescent and adult clients
- reduced ED symptoms, depression and anxiety over time
- decreased depression, stress and criticism of mothers of adolescents
- increased treatment retention AND significant outcome impact after 4-5 days of TBT-S treatment for anorexia nervosa!

TBT-S is designed to augment other Eating Disorder (ED) therapies, filling the gaps with descriptions of neurobiological brain alterations, treating to the client's traits, and including supports for clients of all ages.

*"Implementing TBT-S into my clinical work has made a big difference to how I understand and communicate the neurobiology of eating disorders. It has allowed for greater inclusion of supports, increased motivation in clients and given practical strategies to help people in their recovery from an ED".*

Jasmin Watson, Team Leader, Victorian Centre of Excellence in Eating Disorders

**BOOK EARLY.  
TO ENSURE QUALITY  
LEARNING EXPERIENCE,  
PLACES ARE STRICTLY  
LIMITED.**



**TO REGISTER GO TO:**

<https://www.trybooking.com/CDBDU>



**TO FIND MORE INFORMATION GO TO:**

<https://edfa.org.au/tbt-s-training-2023/>