



PRESENT:

**“The Maudsley Approach:  
An Overview of Family-Based Treatment for Eating Disorders in Adolescents”**

Presented by Dr. Renee Rienecke Hoste Ph.D. of the University of Chicago Eating Disorders Program and the Training Institute for Child and Adolescent Eating Disorders

with a First Hand Account from the Family's Perspective by Guest Speaker Harriet Brown, Author of *Brave Girl Eating* and Co-Founder of MaudsleyParents.Org

**October 4th, 2010  
8am-5pm  
Adler Health Education Center  
1236 E. Rusholme St.  
Davenport, IA**

LEARNING OBJECTIVES: At the completion of the event, participants should be able to:

1. Review and know the psychopathology of eating disorders in adolescence
2. Summarize the empirical evidence for family-based treatment (FBT) for adolescent eating disorders
3. Review the fundamental assumptions of FBT.
4. Describe and know the therapeutic interventions for each phase of FBT.
5. Tell the experience of FBT from the family's perspective
6. Differentiate between the experience of FBT with and without the presence of a trained practitioner
7. Recognize and know the importance of FBT within the spectrum of ED treatments today

AGENDA:

8:00-10:00 – Introduction, review of empirical support for FBT, and overview of the approach  
10:00am-10:15am – Break  
10:15am-12:00pm – Phase 1  
12:00pm-1:00pm – Lunch  
1:00pm-3:00pm – Phases 2 and 3  
3:00pm-3:15pm - Break  
3:15pm-4:00pm – Harriet Brown Speaks on First-Person Accounts with FBT  
4:00pm-5:00pm - Final Questions

TARGET AUDIENCE: Family practitioners, nurses, physician's assistants, psychologists, child psychiatrists, nutritionists and other eating disorders specialists.

Register for this program by calling Jody Johnston-Mohr at (563) 421-1284 or email to [johnstonmohrj@genesishealth.com](mailto:johnstonmohrj@genesishealth.com)

CMEs: This activity has been planned and implemented in accordance with the Essential and Standards of the Accreditation Council for Continuing Medical Education through the joint sponsorships of Genesis Medical Center, The Quad City Eating Disorder Consortium, QC Hearts & Minds, Quad City Health Initiative, and Trinity Medical Center. Genesis Medical Center is accredited by the Iowa Medical Society to sponsor continuing medical education for physicians. Genesis Medical Center designates this educational activity for a maximum of 7.5 AMA PRA Category 1 Credit(s)<sup>TM</sup>.

CEUs: 9.0 Contact hours will be awarded by Iowa Board of Nursing Provider #59, Genesis Medical Center, Davenport, Iowa. This CME program may be used for 7.5 contact hours to meet the continuing education requirement for ANCC recertification and for Illinois nursing continuing education. All Others: May be eligible for continuing education. Consult your governing rules to determine if appropriate subject matter criteria will apply to credit hours.



## Bios:

Renee Rienecke Hoste, Ph.D., is an Assistant Professor in the Department of Psychiatry and Behavioral Neuroscience at The University of Chicago. After earning her Bachelor's degree at the University of Michigan, Dr. Hoste received her Ph.D. from Northwestern University and completed her clinical psychology internship and postdoctoral fellowship at The University of Chicago before joining the faculty. Her research interests include the role of expressed emotion in treatment outcome for adolescent eating disorders, the impact of the family on treatment outcome, cross-cultural differences in expressed emotion, and quality of life among eating disordered adolescents. She is the past recipient of a NIMH Diversity Supplement and a current recipient of the National Eating Disorder Association's Young Investigator Grant to fund her research on expressed emotion in families of adolescents with anorexia nervosa and bulimia nervosa. Dr. Hoste's clinical interests include evidence-based treatments for adult and adolescent eating disorders. She has been part of the Eating Disorders Program at The University of Chicago for eight years and in that time has served as a study therapist on three NIMH-funded treatment studies of adolescent eating disorders. Dr. Hoste is a faculty member of the Training Institute for Child and Adolescent Eating Disorders and provides supervision to therapists interested in becoming certified to conduct family-based therapy for adolescent eating disorders. She also serves as a clinical advisor to [Maudsleyparents.org](http://Maudsleyparents.org).

Harriet Brown is an eclectic and curiosity-driven writer whose work appears in the *New York Times Magazine*, *O*, *Health*, *Glamour*, *Vogue*, and many other publications, on subjects ranging from fat acceptance to forgiveness. A frequent contributor to the Tuesday *New York Times* science section, she specializes in writing about issues that affect the lives of women and children. Her latest book, *Brave Girl Eating: A Family's Struggle with Anorexia*, recounts her family's efforts to help their oldest daughter recover from anorexia nervosa. Brown is the editor of two anthologies (*Feed Me!* and *Mr. Wrong*), and several other nonfiction books, including *The Good-Bye Window: A Year in the Life of a Day-Care Center*. Her radio essays can be heard on NPR's "All Things Considered" and "To the Best of Our Knowledge." She co-chairs Maudsley Parents, a website of resources for families struggling with eating disorders ([www.maudsleyparents.org](http://www.maudsleyparents.org)), and is a member of the Academy for Eating Disorders. Brown is an assistant professor of magazine journalism at the S.I. Newhouse School of Public Communications in Syracuse, New York, where she created Project BodyTalk, an audio project that collects commentaries about people's relationship to food, eating and their bodies ([www.projectbodytalk.com](http://www.projectbodytalk.com)). She lives in central New York with her family.