

# ABFT with Binge Spectrum Eating Disorders



**Speaker: Stephanie Manasse, PhD**

**Tuesday, June 21, 2022**

**7 p.m. – 8:30 p.m. GMT+2 / 1 p.m. – 2:30 p.m. (Eastern Daylight Time)**

Co-sponsored by Center for Family Intervention Science, ABFT Belgium Training Center at KU Leuven University, the Department of Counseling and Family Therapy at Drexel University College of Nursing and Health Professions and Drexel University College of Medicine Behavioral Healthcare Education

Outcomes from treatment for adolescent binge-spectrum eating disorders is suboptimal, and few resources have been dedicated to novel treatment development. One reason for lack of suboptimal outcomes of standard treatments (cognitive behavioral therapy, family-based therapy) is the lack of focus of these treatments on family functioning (e.g., family conflict and cohesion). Poor family functioning may 1) lead to the child to binge eat to cope with negative affect 2) interfere with the family's ability to help the child make changes to disordered eating.

Attachment-Based Family Therapy holds high promise for improving family functioning and enhancing outcomes for adolescent bulimia nervosa and binge eating. This presentation will focus on (1) application of the ABFT model to binge-type eating disorders; (2) integrating evidence-based behavioral techniques for eating disorders with ABFT; and (3) describe how to apply the 5 tasks of ABFT to eating disorders. Case examples will be discussed.

## WHO SHOULD ATTEND:

Counselors, Couple and Family Therapists, Mental Health Professionals, Psychiatrists, Psychologists, Psychotherapists, and Social Workers.

## PROGRAM OBJECTIVES:

- Discuss how to apply the ABFT model to bulimia and binge eating disorder treatment.
- Discuss the methods for integrating behavioral treatment methods for eating disorders with ABFT.
- Describe how to implement the 5 tasks of ABFT in the treatment of binge eating disorder and bulimia nervosa.

## Registration fee: \$30 USD

\*CEs are available at an additional cost (more information at link below)

For additional workshop information and registration: <https://bit.ly/2GOpS1q>

For more information on the ABFT Training program: [www.drexel.edu/abft](http://www.drexel.edu/abft)

If you have questions or concerns contact: Rebecca Saionz at: [rss94@drexel.edu](mailto:rss94@drexel.edu) or 215.571.3410

Please let us know if you have any disability or other special needs so that we can ensure that your needs will be fully met.

For more information on ABFT Belgium: <https://ppw.kuleuven.be/abft/opleiding>

**Upcoming Talks for Special Topics Series to be announced soon!**