

**The Neuroscience of Anorexia Nervosa:
Key Findings and Implications for Clinical Practice
(Over 2 half days via zoom)**

Dr Roger Mysliwiec

Psychosomatic Medicine and Psychotherapy

This workshop will provide an overview of the current understanding of the role of the neurobiological underpinnings in the development and maintenance of anorexia nervosa with their implications for prognosis and treatment. The workshop will include a brief introduction of the neurobiology of the brain and the application of general neuroscientific principles of learning to the facilitation of therapeutic change. It will explore the effects of eating disorder behaviour and malnutrition on the brain and will highlight the effects of illness duration on neuroprogression and habit formation and the resulting urgency for early and effective intervention.

The workshop will explore in depth how these neuroscientific principles can be applied in a practical way to the provision of the current evidence best practice treatments like FBT, CBT-E and MANTRA.

The workshop will have interactive components and will allow for ample time of discussion. Participants are encouraged to bring cases for discussion in small groups.

The workshop is primarily suitable for clinicians familiar with the specialist eating disorder therapies. Some experience in clinical neuroscience will be helpful but is not essential.

Learning Objectives

- Develop an understanding of the current understanding of the neurobiological underpinnings of anorexia nervosa
- Develop an ability to communicate the most important neuroscientific findings about eating disorders to clients and their carers
- Develop an ability to critique current evidence based treatments of anorexia nervosa from a neuroscientific perspective
- Develop an understanding of applying neuroscience findings and principles to the treatment of eating disorders



New Zealand Eating Disorders Clinic



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Roger trained in Germany as a medical doctor before qualifying as a specialist in Psychosomatic Medicine and Psychotherapy. He is co-director of the specialist outpatient New Zealand Eating Disorders Clinic (NZEDC). Roger has over 30 years of experience working with eating disorders and is considered one of Australasia's leading experts in that area. Roger has for many years had a strong interest to integrate the findings of neuroscience into treatment and has published on this topic. He is past President of the International Association of Applied Neuroscience (IAAN), as well as an accredited Clinical Supervisor of IAAN. He provides supervision and workshops in Eating Disorders and Applied Clinical Neuroscience in New Zealand and Australia.

Tuesday 10 and Wednesday 11 October 2023
12:30pm – 4:30pm NZ time
via Zoom

Cost: \$350.00 + GST (\$402.50 incl. GST)
(No GST for Australian registrants)

**To register please complete the online registration form or
email scanned registration form to:**

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