



claritycon2023

a summit on children's mental health

You won't want to miss these two sessions presented by:

Susan C. Mengden, PhD, CEDS-Consultant, CGP

"Recognizing Eating Disorders and Utilizing Effective Treatment Modalities"

Thursday, July 20th
9:30am - 10:30am

Over 30 million Americans struggle with eating disorders. Recognizing the presence of eating disorders can be very difficult. It can look different within adults and adolescents and can co-occur with other disorders. Knowing something about the levels of care and the possible treatment strategies is imperative for the practicing clinician. This presentation will cover these objectives and give participants the opportunity to ask questions.

Utilizing DBT with Adolescents and Their Families in the Treatment of Eating Disorders

Thursday, July 20th
10:45am - 11:45am

Family-Based Therapy is currently the treatment of choice and the best practice for treatment of adolescents with eating disorders. FBT combined with Dialectical Behavior Therapy modified for adolescents has been found to be effective for underlying emotion regulation dysfunction and binge-eating behaviors. This presentation highlights treatment modifications, adaptations, and in-vivo implementation of DBT skills and concepts with adolescents with eating disorders and their families in multi-family groups.

Multi-family DBT groups provide education and support for parents which will result in the empowerment of parents and help build participation with the clinical treatment team. The modifications of DBT include discussions of the concepts of Validation, Middle Path, Dialectics, DEAR MAN, and DBT Flow. Two case examples will demonstrate how the addition of multi-family group sessions improved treatment progress in two adolescent patients. Lastly, we will present an eight-week curriculum of a Partial Hospitalization Program Adolescent Multi-family DBT skills group.

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