



Family Based Therapy in the Treatment of Adolescent Eating Disorders - What Parents Need to Know

March 30, 2022 | Webinar Series

DETAILS & LOGISTICS

Time: 11:00am—12:30pm EDT

Where: Virtual (*Zoom webinar*)

COURSE DESCRIPTION

This webinar will explore how Family Based Therapy (or FBT) is used as a treatment modality for an adolescent with an eating disorder and the role that parents/caregivers play in the treatment.

OBJECTIVES

- Identify eating disorders warning signs that parents should be aware of
- Explain when FBT is appropriate for treatment of eating disorders
- Discuss stages and the role parents play in treatment
- Identify ways for parents to manage their own stress when engaged in FBT with their adolescent

WHO SHOULD ATTEND?

Parents and caregivers for a child/adolescent with an eating disorder

Certificates of attendance will be available to viewers of 50% (45 minutes) or more of the live webinar via email within 30 business days following the event. CEUs are not available for this session.

SPEAKER:



Kristen Mahoney is a Licensed Professional Counselor (LPC) in the state of Virginia and has experience providing evidence-based approaches to children, adolescents, adults, and families. Kristen has spent the majority of her career treating

eating disorders and other comorbid mental health concerns, and has worked in all levels of care in eating disorder treatment, from outpatient to inpatient. She joined the Rock Recovery team in the summer of 2021 as the Clinical Program Director, and is passionate in working with clients on their eating disorder recovery. Kristen has an overall interest in women's mental health, particularly in supporting women during transitional times of their lives such as the pregnancy and postpartum period, parenting, career shifts, and relationship changes.

HOST:



Christie Dondero-Bettwy serves as the Executive Director for Rock Recovery, a nonprofit that helps people overcome disordered eating by combining clinical and community care. Having gone through recovery herself, she understands the

depth of emotional, physical and spiritual support needed to recover and is passionate about spreading the message that freedom from disordered eating is possible. She is an active speaker and shares her story with organizations and media outlets across the country. Christie lives in Washington, DC with her husband Ryan, who serves as a pastor at their church in Northern Virginia.

Registration questions, training@danyainstitute.org 240-645-1145

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