

AACBT Vic Pub discussion

# *First do no harm: a review of evidence base, cultural context, and personal bias*



Come to this practical discussion about eating disorders, and learn about current best-practice and findings from a passionate expert.

## **GUEST SPEAKER DEBORAH NEWBURN**

This pub discussion will begin with a brief discussion about eating disorder presentations, and the current evidence based treatment for adults with eating disorder. In this section, Deborah will also take a look at risk, liaising with GPs, and choosing the right multi-disciplinary team to work with.

The discussion will then move on to a summary of the recent Australia New Zealand Academy for Eating Disorders conference, with a particular emphasis on how diet culture, weight stigma, and fat phobia are contributing to the development of disordered eating and eating disorders, and are causing people accessing medical and mental health treatment harm.

The pub discussion will then conclude with how, as psychologists living within that culture, our own internalised views may impact the way we work with clients.

*A pub discussion is a relaxed opportunity to observe a presentation on an interesting topic regarding cognitive behavioural therapy. There are opportunities for the willing to engage in a discussion relating to the topic towards the end of the presentation.*

**Registration from 6:15pm for a 6:30pm start, upstairs @ Robert Burns Hotel.**

- **When** Wednesday 28 November 2018 @ 6:30-7:30pm
- **Where** Upstairs @ Robert Burns Hotel, 376 Smith St, Collingwood
- **Tickets** AACBT Members **Free** / Non-Members \$10

**Deborah Newburn** is a clinical psychologist who has worked in New Zealand and Australia. Upon moving to Melbourne five years ago, Deborah worked in a large private practice, and then opened Person Centered Psychology. She primarily sees adult clients with eating disorders, as well as continuing to see some general adult clients.

Deborah is passionate about eating disorder prevention as well as treatment. In addition to her clinical work Deborah lectures at the Institute of Social Neuroscience.

Book now at <https://www.aacbt.org.au/events/>



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