

June 2017
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NSW Workforce Development Update: Family Based Treatment Training

With funding from NSW Health InsideOut is building the capacity and capability of the NSW workforce to be confident and competent to address eating disorders. This involves the development and dissemination of trainings in evidence based treatment across the state.



Your NSW FBT Champions

In 2017, in partnership with Sydney Children's Hospital Network (SCHN), the roll out of Family Based Therapy Training to every local health district across the state commenced. The first round of face-to-face trainings started to roll out from May with approximately 160 child and adolescent clinicians now trained to deliver FBT across NSW.



To ensure success of the roll out of training, 16 health professionals from across NSW were trained at a workshop held in Sydney to be FBT for eating disorders Champions. Their role is to support clinicians who have been trained locally to deliver the treatment.

Another component of the model is to deliver supervision to trained NSW Health clinicians across the state. Our partner, SCHN, has already delivered supervision to a number of clinicians across the state who attended the training and who are seeing clients with eating disorders for the first time.

The second round of training for 2018 is well under way.

The specialised eLearning training package *Family Based Treatment: the Basics*, launched in 2017, has been well received with over 300 enrolments. InsideOut also collaborated with NSW Health to make the course available to all NSW Health staff free of charge on My Health Learning (formerly known as HETI).

An advanced FBT eLearning course is due for launch in 2018.

For more information about InsideOut's eLearning courses please visit the [eLearning](#) section at our Website.

