

# MBS Treatment Options and Training

From 1 November 2019, a new suite of 64 Medicare Benefits Schedule (MBS) items will be introduced to support a model of best practice evidence based care for patients with anorexia nervosa and other eligible patients with eating disorders. It is expected that there will be a multidisciplinary approach to patient management through these items.

All health practitioners who are providing services under these items must have appropriate training, skills and experience in treatment of patients with eating disorders and meet the national workforce core competencies for the safe and effective identification of and response to eating disorders.

## Approved providers of treatment services

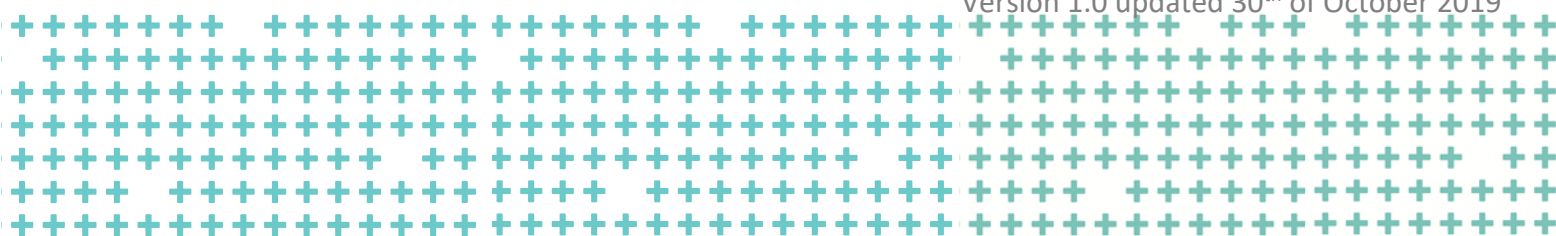
### Dietetic Services

In order to provide eating disorder dietetic services, Dietitians must be an 'Accredited Practising Dietitian' as recognised by the Dietitians Association of Australia (DAA).

### Psychological Treatment Services

An eating disorders psychological treatment service includes mental health treatment services which are provided by an allied health professional (clinical psychologist, psychologist or eligible social worker, or occupational therapist) or a medical practitioner in general practice with appropriate mental health training\*.

*\*Medical practitioners in general practice who meet the training and skills requirements as determined by the General Practice Mental Health Standards Collaboration, and are entered on the Register as being eligible to render a focussed psychological strategy service, can render an eating disorders psychological treatment service. The allied mental health professional must be recognised by the Department of Human Services as eligible to provide focussed psychological strategies (FPS) services under the Better Access to Mental Health items.*



## Get Trained

InsideOut's [Essentials eLearning Program](#) is the only online learning program available that meets the NEDC competency framework specified by Medicare. All providers need basic training that meets this framework.

Dietitians and Psychological providers will need this basic comprehensive training plus additional training in the evidence-based therapies listed by the MBS that they intend to deliver under the scheme (please see below for list of approved therapies).

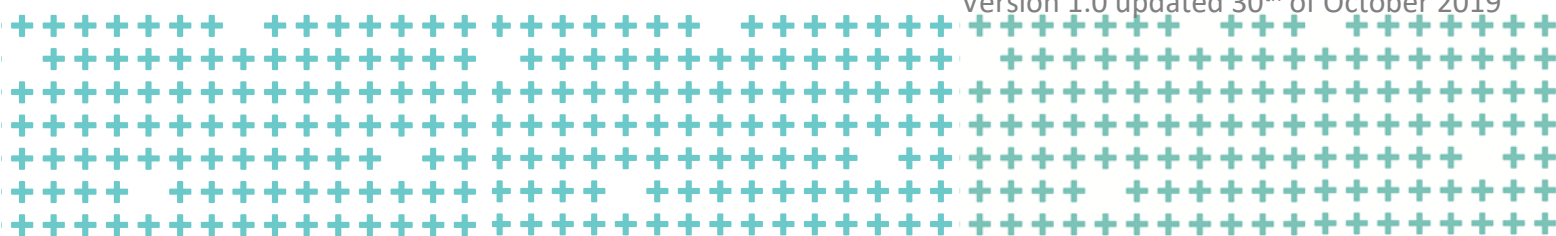
We have a detailed online training program for [Dietitians](#) and mini-trainings in two of the listed evidence based treatments under MBS ([CBT](#) and [FBT](#)).

## Specific Psychological Treatments

Treatment provided under the Eating Disorder Psychological Treatment items are limited to the defined list of evidence based eating disorder specific treatments.

- family based treatment (including whole family, parent based therapy, parent only or separated therapy)
- adolescent focused therapy;
- cognitive behavioural therapy;
- cognitive behavioural therapy-anorexia nervosa;
- cognitive behavioural therapy for bulimia nervosa and binge-eating disorder;
- specialist supportive clinical management;
- maudsley model of anorexia treatment in adults;
- interpersonal therapy for bulimia nervosa and binge-eating disorder;
- dialectical behavioural therapy for bulimia nervosa and binge-eating disorder;
- focal psychodynamic therapy.

The remainder of this document gives a summary of available therapist manuals, recommended readings, training options as at October 2019. It is not an exhaustive list

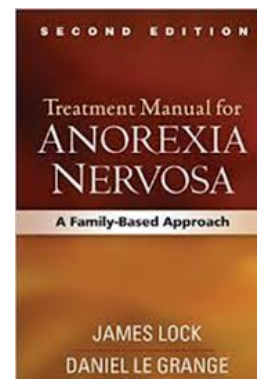


## Family Based Treatment

### Manuals and Readings

Lock, J., & Le Grange, D. (2015). Treatment manual for anorexia nervosa: A family-based approach. Guilford Publications. Evidence Based Treatment for Eating Disorders: Children, Adolescents, and Adults

James Lock (2015) An Update on Evidence-Based Psychosocial Treatments for Eating Disorders in Children and Adolescents, Journal of Clinical Child & Adolescent Psychology, 44:5, 707-721, DOI: [10.1080/15374416.2014.971458](https://doi.org/10.1080/15374416.2014.971458)



### Upcoming training

CEDD [FBT for Adolescents with Anorexia Nervosa](#) 14<sup>th</sup> of November 2019 in Victoria

WAEDOCS [Family Based Treatment for Eating Disorders](#) 1<sup>st</sup>-2<sup>nd</sup> of November 2019 in Western Australia

## Adolescent Focused Therapy

### Manuals and Readings

Overview of the AFT approach: Fitzpatrick, K. K., Moye, A., Hoste, R., Lock, J., & Le Grange, D. (2010). Adolescent focused psychotherapy for adolescents with anorexia nervosa. Journal of Contemporary Psychotherapy, 40(1), 31-39.

Comparison to FBT: Lock, L., Le Grange, D., Agras, W.S., Moye, A., Bryson, S.W., and Jo, B., 'Randomized Clinical Trial Comparing Family-Based Treatment to Adolescent-focused Individual Therapy for Adolescents with Anorexia' in Arch. Gen. Psychiatry (October 2010), 67(10), pp. 1025-1032

### Upcoming training

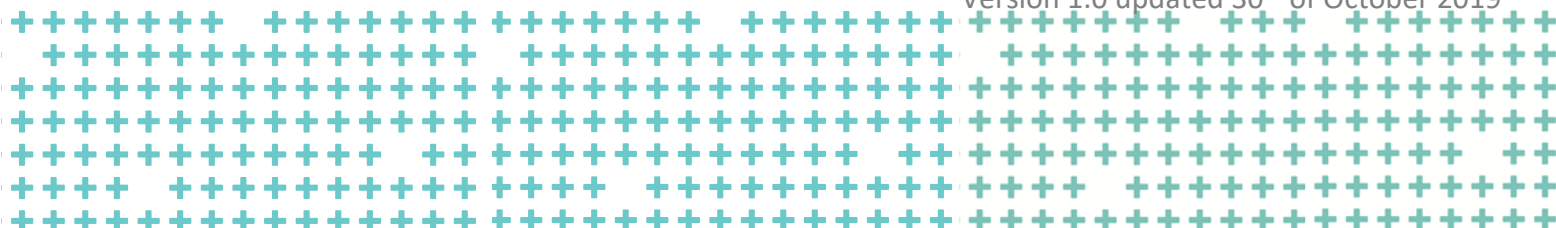
No known upcoming training in Australia

## Cognitive Behaviour Therapy

Includes

- Cognitive Behaviour Therapy (CBT)
- Cognitive Behaviour Therapy for Anorexia Nervosa (CBT-AN)
- Cognitive Behaviour Therapy for Bulimia Nervosa and Binge Eating Disorder (CBT-BN or CBT-BED)

Version 1.0 updated 30<sup>th</sup> of October 2019



## Manuals and Readings

Fairburn, C. G. (2008). Cognitive behavior therapy and eating disorders. Guilford Press.

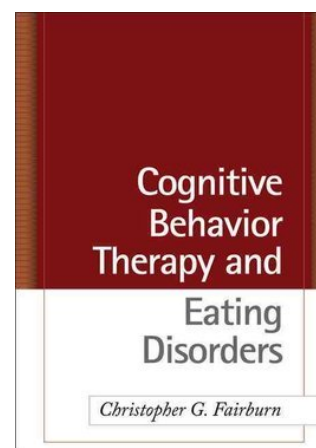
Fairburn, Christopher G., Zafra Cooper, and Roz Shafran. "Cognitive behaviour therapy for eating disorders: A "transdiagnostic" theory and treatment." Behaviour research and therapy 41.5 (2003): 509-528.

## Upcoming training

InsideOut [Cognitive Behaviour Therapy for BN and BED](#) March 2020 in New South Wales

CEDD [Cognitive Behaviour Therapy for Eating Disorders](#) 23<sup>rd</sup>-24<sup>th</sup> October 2019 in Victoria

WAEDOCs [Enhanced Cognitive Behaviour Therapy for Eating Disorders](#) 29<sup>th</sup>-30<sup>th</sup> of November 2019 in Western Australia



## Specialist Supportive Clinical Management

### Manuals and Readings

Jordan, J., McIntosh, V. V., & Bulik, C. M. (2015). Specialist supportive clinical management for anorexia nervosa. Encyclopedia of Feeding and Eating Disorders, 1-5.

McIntosh, V. V., Jordan, J., Luty, S. E., Carter, F. A., McKenzie, J. M., Bulik, C. M., & Joyce, P. R. (2006). Specialist supportive clinical management for anorexia nervosa. International Journal of Eating Disorders, 39(8), 625-632.

### Upcoming training

No known upcoming training

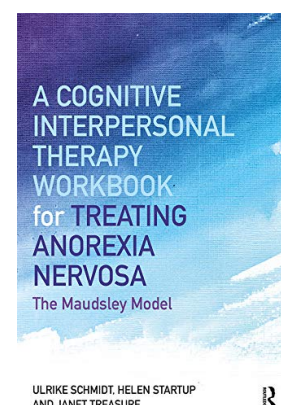
## The Maudsley Model of Anorexia Nervosa Treatment for Adults

### Manuals and Readings

Schmidt, U., Startup, H., & Treasure, J. (2018). A Cognitive-Interpersonal Therapy Workbook for Treating Anorexia Nervosa: The Maudsley Model. Routledge.

### Upcoming training

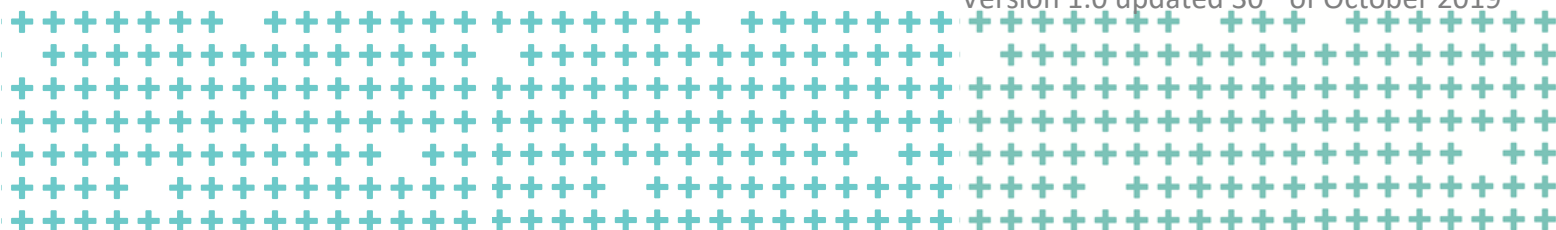
No known upcoming training in Australia



## Interpersonal Psychotherapy

### Manuals and Readings

Version 1.0 updated 30<sup>th</sup> of October 2019



Fairburn, C. G., Jones, R., Peveler, R. C., Carr, S. J., Solomon, R. A., O'Connor, M. E., et al. (1991). Three psychological treatments for bulimia nervosa. A comparative trial. *Archives of General Psychiatry*, 48(5), 463–469.

Rieger, E., Van Buren, D. J., Bishop, M., Tanofsky-Kraff, M., Welch, R., & Wilfley, D. E. (2010). An eating disorder-specific model of interpersonal psychotherapy (IPT-ED): Causal pathways and treatment implications. *Clinical Psychology Review*, 30, 400–410.

### Upcoming training

No known upcoming training in Australia

## Dialectical Behavior Therapy

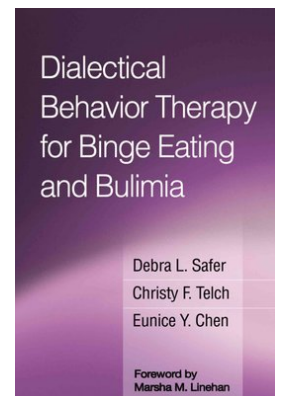
### Manuals and Readings

Safer, D. L., Telch, C. F., & Chen, E. Y. (2009). *Dialectical behavior therapy for binge eating and bulimia*. New York: The Guilford Press

Bankoff, S. M., Karpel, M. G., Forbes, H. E., & Pantalone, D. W. (2012). A systematic review of dialectical behavior therapy for the treatment of eating disorders. *Eating Disorders*, 20(3), 196–215.

### Upcoming training

[Introducing DBT as a Treatment for Eating Disorders](#) 31<sup>st</sup> of January 2020 in New South Wales



## Focal Psychodynamic

### Manuals and Readings

Zipfel, S., Wild, B., Groß, G., Friederich, H. C., Teufel, M., Schellberg, D., ... & Burgmer, M. (2014). Focal psychodynamic therapy, cognitive behaviour therapy, and optimised treatment as usual in outpatients with anorexia nervosa (ANTOP study): randomised controlled trial. *The Lancet*, 383(9912), 127-137.

### Upcoming training

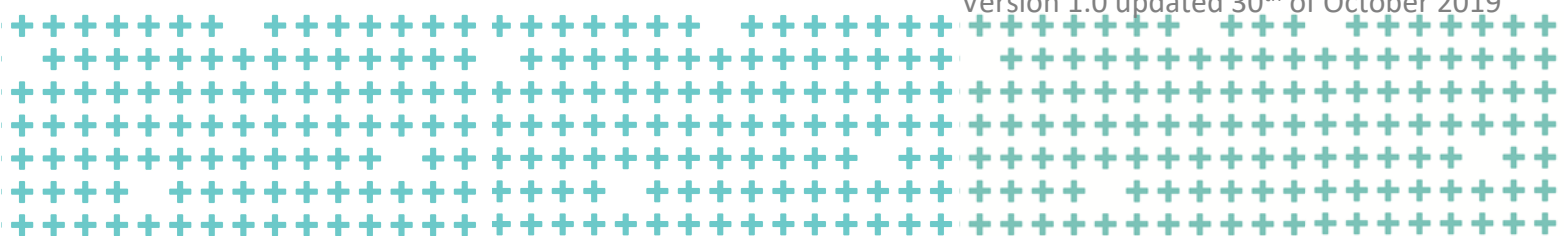
No known upcoming training in Australia

## For more information

Practitioners should contact their professional organisation to identify education and training which may assist practitioners to gain skills and knowledge in providing services under these items.

The following organisations provide training which may assist practitioners to meet eating disorder workforce competency standards:

Version 1.0 updated 30<sup>th</sup> of October 2019



- InsideOut Institute
- Dietitians Association Australia (DAA) – join special interest group to get resources and find out about upcoming training
- The Australia and New Zealand Academy of eating disorders (ANZAED)
- The Victorian Centre of Excellence in Eating Disorders (CEED)
- Queensland Eating Disorder Service (QuEDS)
- Statewide Eating Disorder Service (SEDS)
- WA Eating Disorders Outreach & Consultation Service (WAEDOCS)

