

Program Summary

Program Name:	Overcoming Eating Disorders: A Comprehensive Approach to Recovery
Date:	16 March 2024 (Sat)
Time:	2:00pm-5:45pm
Venue:	Auditorium, Duke of Windsor Social Service Building, 15 Hennessy Road, Wan Chai, HK
Language:	English

About the Seminar:

Eating disorders (ED) are complex and potentially life-threatening mental health conditions. They are fundamentally a maladaptive coping approach towards problems in life, rather than being solely about weight concerns and dieting. In this seminar, we emphasize the adoption of a holistic, multidisciplinary approach to treating eating disorders, including psychological therapy, medical management and family support.

Program Rundown

13:45 – 14:00	Registration	
14:00 – 14:10	Opening remarks	
14:10 – 15:10 (60 mins)	<u>Keynote Speech 1</u> The Role of ED Psychotherapist in treating ED Cases <u>Content:</u> Ms. Kitchener has been treating ED and co-morbid problems for 30 years. As she says, ‘what originally presents at the clinic is the tip of the iceberg’. She sees common themes in each patient and family who attend her clinical practice in Vancouver, Canada, despite treating a wide variety of multi-cultural patients/families: there are similarities. Embracing a wide range of cultures has called for a flexibility in areas of treatment. Ms. Kitchener also, generously, shares insights from her own personal and multi-generational family experience of ED. Threaded throughout her talk will be examples of what was successful and under what conditions. There are many therapeutic techniques, theories and approaches for effective treatment of ED. Certain core interventions are necessary for successful treatment. When the core interventions are not sufficient, the treatment teams come together and essentially get creative for effective outcomes.	Ms. Patricia Kitchener

15:10-15:50 (40 mins)	<u>Keynote Speech 2</u> The Role of Paediatricians in the Multidisciplinary Approach to the Treatment of ED Cases <u>Content focused:</u> <ul style="list-style-type: none"> - Early identification and Diagnosis: Emphasizing the importance of recognizing the symptoms and signs of ED early through educating caregivers and helping professionals, including teachers, social workers, allied health professionals, and doctors. - Medical assessment and Management: Highlighting the role of Pediatricians in assessing and managing medical complications of ED, as well as in-patient management of medical complications and emergencies for medically unstable ED patients - Multidisciplinary care and Collaboration: Emphasizing the importance of collaborative efforts between different helping professions. 	Dr. Anita Tsang
15:50 – 16:00	Break	
16:00 – 16:40 (40 mins)	<u>Keynote Speech 3</u> The Role of Psychiatrists in the Multidisciplinary Approach to the Treatment of ED Cases <u>Content focused:</u> <ul style="list-style-type: none"> - Diagnosis and Evaluation: Highlighting the role of Psychiatrists in conducting comprehensive assessments to diagnose and evaluate mental health conditions, with a specific emphasis on ED and any co-occurring mental health conditions - Inpatient Psychiatric Management: Emphasizing the collaboration with multidisciplinary teams to provide effective hospitalization treatment for sever ED patients who require intensive care - Outpatient Psychiatric Management: Demonstrating the implementation of ongoing outpatient treatment plans, illustrating how to offer guidance and assistance to caregivers and other professionals involved in the treatment process 	Dr. Phyllis Chan
16:40 – 17:00 (20 mins)	Sharing of Outpatient Treatment Experience in Navigating Eating Disorders Recovery	ED patients & their caregivers
17:00 – 17:30	Panel Discussion	All Keynote Speakers
17:30 – 17:45	Closing Remarks	

About The Speakers:

Ms. Patricia Kitchener

Ms. Kitchener is a psychotherapist specializing in Eating Disorders, Addictions and Relationship Therapy. She maintains an International Private Practice based in Vancouver, British Columbia, Canada. She has been advisor to our Hong Kong Eating Disorders Association (HEDA) since 2003. She has over 30 years experience in the field of mental health and has an impressive training background. Some of the highlights are: being ‘mentored’ and supervised by Susie Orbach (Lady Diana’s therapist); training in New York City directly with Dr. Harville Hendrix in the Imago Couple’s Therapy Method and completing a three years Internship in Forensic Psychiatry with the esteemed psychiatrist Dr. Roger Boutin, to just name a few.

In addition, Ms. Kitchener has sat on (been a member of) various Boards of Directors for Mental Health Agencies including: The British Columbia Mental Advisory Committee and Networking Around Disordered Eating (ANAD) for 9 years with two terms as President. She has presented extensively both professional trainings and academic papers in North America and Internationally. Most notably, here in Hong Kong and at the Conference for Mental Health and the Law @ the Sorbonne University in Paris, France.

Dr. Anita Tsang Man Ching

Dr. Tsang is the Consultant and Honorary Clinical Associate Professor in the Department of Paediatrics and Adolescent Medicine at The Li Ka Shing Faculty of Medicine, The University of Hong Kong.

Dr. Tsang graduated from the University of Hong Kong and received her training in Adolescent Medicine in the Westmead New Children’s Hospital in Sydney, Australia and training in paediatric endocrinology at the Royal Children’s hospital in Melbourne, Australia. She is a Fellow of the Hong Kong College of Paediatricians and a paediatric endocrinologist.

Dr. Tsang has been the President of the Hong Kong Society for Adolescent Health from 2013 to 2016 and the Honorary Medical Consultant of the Youth Health Center of the Family Planning Association of Hong Kong from 1994 to 2017. She is a Fellow and Board Member of the Asian Academy of Family Therapy. She has special interests in family therapy, child protection, and working with adolescents with eating disorders and psychosomatic diseases.

Dr. Phyllis Chan Kwok Ling

Dr. Chan is a specialist in Psychiatry, currently in private practice. She also serves as a Consultant Psychiatrist (part-time) in the Department of Psychiatry at Queen Mary Hospital and Kwai Chung Hospital. Additionally, she holds the position of Honorary Clinical Associate Professor at The Li Ka Shing Faculty of Medicine, The University of Hong Kong.

From 2017 to 2021, Dr. Chan served as the Former Chief of Service and Head of Child and Adolescent Psychiatry and Psychotherapy at the Department of Psychiatry, Queen Mary Hospital. She has also held important roles within the Hong Kong College of Psychiatrists, including Vice-President (General Affairs) from 2019 to 2022, and Vice-President (Education and Censor) from 2015 to 2018.

Dr. Chan’s expertise is in child, adolescent and developmental psychiatry with special interest in ADHD/ASD transition, life span disorder clinic, eating disorders and Tourette’s syndrome. Dr. Chan teaches and trains psychiatric trainees doctors and post fellowship specialists, medical students, and other allied health professionals extensively. Apart from clinical duties, she has engaged in numerous public education and advocacy work for destigmatization. She is a member of several advisory committees and has been actively involved in various educational initiatives related to mental health.