



# Specialist Supportive Clinical Management (SSCM)

**WHEN** Friday, November 1st 2024  
10:00 AM – 5:00 PM

**WHERE** Online

**COST** \$451 (\$400 + GST + TryBooking Processing Fee)



Scan for [more information](#)  
and [registration details](#)

Psychologist and BodyMatters Director Sarah McMahon presents a one day workshop on Specialist Supportive Clinical Management (SSCM). Specialist Supportive Clinical Management (SSCM) was originally designed as a placebo comparative treatment in a clinical trial for the treatment of anorexia nervosa and showed promising results. Since then, SSCM has continued to be used and has proven to be a valid and effective treatment for anorexia nervosa. SSCM combines a range of tools including clinical management, psychoeducation, and encouragement with a supportive therapeutic style, working collaboratively with clients to target specific eating disorder symptoms. The aim of the therapy is to empower clients to make a link between their symptoms, eating behaviour, and weight, and to support them to gradually return to normal eating and weight. Through this workshop, participants will gain an understanding of the theoretical underpinnings of SSCM, recognise when SSCM is indicated and contraindicated, and identify the target symptoms of the approach. The workshop will also cover the three-phase structure of SSCM and equip participants with the skills to apply SSCM as a treatment for Anorexia Nervosa. This training has been approved by NEDC as meeting the requirement of Evidence-Based Treatment Model (SSCM) training as required for the ANZAED Eating Disorder Credential.

