



Bridging Neuroscience and Clinical Practice: Implementing Temperament Based Therapy with Support (TBT-S) in Eating Disorder Treatment

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Temperament based therapy with support (TBT-S) is rooted in multi-family therapy research and empirically based neurobiological models. It offers an individually tailored treatment approach for young adults and adults with anorexia nervosa (AN)/atypical AN. It is delivered in an intensive, out-patient, multi-family format, for five consecutive days, ~ 7 hours each day. Supports (e.g. parent, friend, partner, spouse etc.) are considered an important resource for recovery and are therefore included throughout the treatment week. TBT-S is unique in how it builds on neurobiological research and utilizes treatment tools which were created collaboratively with individuals with lived experience. Hence, the TBT-S approach has actively been narrowing the gap between neuroscience and clinical practice since its inauguration. Symptoms and the underlying mechanisms that drive behaviors are approached from a temperament-based neurobiological perspective, which provides a framework for promoting recovery. As research on TBT-S is increasing, a growing number of studies are indicating the potential utility of TBT-S as an adjunct to treatment as usual. In addition, qualitative reports from participants highlight the usefulness of including supports in treatment – also for adults. Patients also emphasize how a neurobiological framework helps increase self-understanding and facilitates communication with their support system.

In this workshop you will be introduced to the five core principles of TBT-S and will be provided with an overview of the key intervention strategies that underpin the model. Workshop attendees will learn how the diverse modules of TBT-S can be adapted across levels of care and treatment settings. Attendees will engage in collaborative small-group discussions and guided reflection to identify how TBT-S principles can guide personalized treatment planning and how it can be applied to ongoing clinical contexts. The session will include hands-on opportunities to engage with selected experiential learning activities used within the TBT-S model. Further, the workshop will also explore how patients with anorexia nervosa and their supports experience the TBT-S program, and how their perspectives evolve from immediately after the program to 12 months later.