

## Feeding body and mind of adolescents with anorexia nervosa

The course presents biological and psychological aspects of anorexia nervosa (AN) in adolescence and an overview of treatment options, based on a comprehensive evaluation of the patient and the family. AN is an increasingly frequent disorder in adolescence. The perception of body weight and shape is distorted and has an unduly strong influence on a person's self-concept. The resulting weight loss and nutritional imbalance can lead to serious complications, including death. Moreover, the starvation process itself is often associated with severe alterations of central and peripheral metabolism, affecting overall health during the vulnerable period of adolescence, and it can have profound consequences not only on body but also on brain development. Independently from the starved state, subjects with AN are affected by a severe relational impairment, up to present autistic traits, in the most severe cases. It is therefore necessary for every clinician working with adolescents and pre-adolescents to be familiar with the symptoms, the medical/psychiatric assessment and to the multidisciplinary work needed to treat this complex group of patients.

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**Scientific Secretariat** Monica Bomba

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**Venue:** University of Milan Bicocca (U18) - Via Cadore, 33 Monza (MB)

**Application Deadline** February 28th, 2015

### Prerequisites

Postgraduate students of child and adolescent psychiatry and in young adult psychiatry; Doctors in psychology undergoing a school of specialization in Clinical Psychotherapy; Applications from undergraduates (5-6 yrs at School of Medicine and 4-5 yrs at School of Clinical Psychology) will also be considered.

The language of instruction is **English**.

4 CFU

**Fee: 250 euro**

### Speakers

Umberto Balottin, University of Pavia, Italy

Monica Bomba, Ospedale San Gerardo, Monza, Italy

Maurice Corcos, University of Paris, France

Beate Herpertz-Dahlmann, University of Aachen, Germany

Renata Nacinovich, University of Milan Bicocca, Italy

Francesca Neri, University of Milan Bicocca, Italy

Sarantis Thanopoulos, IPA and SPI psychoanalyst with training functions, Naples, Italy

Lucio Tremolizzo, University of Milan Bicocca, Italy



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We look forward to seeing you in Monza Summer School 2015!

[www.summerschoolexpo2015.com](http://www.summerschoolexpo2015.com)

**MONZA, ITALY**

**28<sup>th</sup> September - 3<sup>rd</sup> October 2015**

**VENUE:**

**Università di Milano Bicocca**

**Via Cadore, 33 Monza**



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MILANO 2015  
FEEDING THE PLANET  
ENERGY FOR LIFE

# PROGRAMME

9AM-1PM

1PM-2PM

2PM-3:30PM

3:30PM-4PM

Monday,  
September 28th

**Key note speakers**  
Renata Nacinovich & Umberto Balottin  
*Developmental trajectories in anorexia nervosa*

**Workshop**  
*Research updates and clinical cases will be presented and discussed with the students by the child and adolescent psychiatrists of the Monza Group. The afternoon-work will be organised in line with the topics of the morning main lectures.*

**Final discussion**

Tuesday,  
September 29th

**Key note speaker**  
Maurice Corcos  
*The emotional blindness of alexithymia in anorexia nervosa*  
*The Family Therapy in the treatment of anorexia nervosa in adolescence*

**Workshop**  
*Research updates and clinical cases will be presented and discussed with the students by the child and adolescent psychiatrists of the Monza Group. The afternoon-work will be organised in line with the topics of the morning main lectures.*

**Final discussion**

Wednesday,  
September 30th

**Key note speakers**  
Monica Bomba & Lucio Tremolizzo  
*Psychopathological and neurobiological correlates of anorexia nervosa in adolescence*

**Workshop**  
*Research updates and clinical cases will be presented and discussed with the students by the child and adolescent psychiatrists of the Monza Group. The afternoon-work will be organised in line with the topics of the morning main lectures.*

**Final discussion**

Thursday,  
October 1st

**Key note speaker**  
Beate Herpertz-Dahlmann  
*Day patient treatment in adolescents with AN*  
*Outcome of childhood and adolescence anorexia nervosa*

**Workshop**  
*Research updates and clinical cases will be presented and discussed with the students by the child and adolescent psychiatrists of the Monza Group. The afternoon-work will be organised in line with the topics of the morning main lectures.*

**Final discussion**

Friday,  
October 2nd

**Key note speakers**  
Sarantis Thanopoulos & Renata Nacinovich  
*Psychodynamic therapy integrated in the treatment of anorexia: working with adolescents and their parents*

**Summer School Conclusion with:**  
*Umberto Balottin, Beate Herpertz-Dahlmann, Renata Nacinovich, Francesca Neri, Sarantis Thanopoulos*

**Learning and satisfaction questionnaire**

Saturday,  
October 3rd

Visit to EXPO Milano 2015

Lunch break