

Specialist Supportive Clinical Management (SSCM) for Anorexia Nervosa

Presented by Dr Jennifer Jordan

University of Otago, Christchurch & Canterbury District Health Board
Christchurch

Specialist supportive clinical management (SSCM) was originally developed as an active non-specific comparison treatment for cognitive-behavioural therapy and interpersonal psychotherapy in the Christchurch Anorexia Nervosa Treatment Study, an outpatient trial for anorexia nervosa. SSCM is a pragmatic approach drawing on well-established clinical management principles for the treatment of eating disorders: establishing normal eating and weight restoration and providing psycho-education and advice. In addition to the symptom focus, SSCM includes a supportive psychotherapy framework to respond to any other life issues identified by the client. SSCM is now included in treatment guidelines for adults with anorexia nervosa, and is increasingly offered alongside other evidenced-based therapies in clinical services for eating disorders.

This 1-day workshop includes:

- A review of SSCM in our trial and subsequent trials including SSCM
- Presentation of key components of SSCM, including common and distinct features
- Practice of key SSCM strategies
- Discussion of the place of SSCM

At the conclusion of this training, it is expected that clinicians will be able to implement SSCM in their practice settings with ongoing SSCM supervision



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Jenny Jordan is an associate professor in the Department of Psychological Medicine at the University of Otago, Christchurch, NZ and a clinical psychologist for the Canterbury District Health Board. She was an investigator and therapist on the Christchurch Anorexia Nervosa Treatment study and with Virginia McIntosh, was involved in developing SSCM. She has authored and co-authored chapters and papers related to SSCM and has delivered numerous training workshops within New Zealand and internationally.