

Multi Family Therapy (MFT-AN)

A Four Day Intensive Training

**For Health Professionals working with restrictive
eating disorders**

When:

Monday 18th to Thursday 21st May 2020

Where:

ORTUS learning and events centre
82 – 96 Grove Lane, London, SE5 8SN

Programme Facilitators:

Dr Mima Simic, *Consultant Child and Adolescent Psychiatrist,
Joint Head MCCAED*

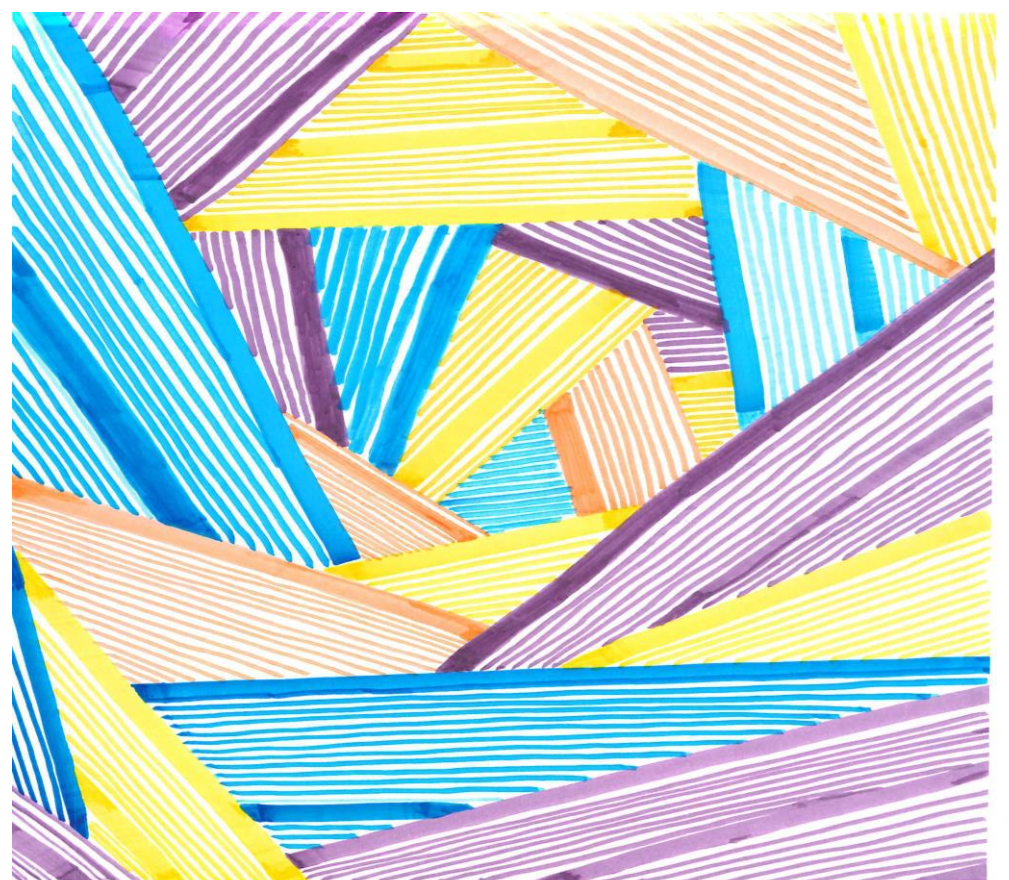
Julian Baudinet, *Principal Clinical Psychologist*

Background:

Multi Family Therapy (MFT) is a NICE (2017) recommended treatment approach for restrictive eating disorders that has been developing over the last 20 years. This approach provides a more intensive form of family intervention than the single outpatient **Family Therapy for anorexia nervosa (FT-AN)**. Like FT-AN, MFT aims to help young people and their family re-discover their own resources by emphasising ways in which parents can take an active role in supporting their child to overcome the eating problem. MFT enhances FT-AN by providing families the opportunity of the group setting to explore how the eating disorder has affected family life, making it difficult for the family to follow a more typical developmental course of the family life cycle. The sharing of experiences and the dynamics of the group are important components of the treatment.

Aims of this Programme:

- To promote evidence-based practice in the treatment of Eating Disorder (NICE Guidelines, 2017).
- To present the research and theoretical underpinning of this approach and to illustrate how the theory relates to the practice of MFT in eating disorders.
- To offer an overview of the ethos, theoretical and clinical base for the approach with a strong emphasis in multi-disciplinary team (MDT) working.
- To teach skills on how to facilitate MFT.
- To illustrate through facilitative group participation how families engage in MFT by using psycho-educational and therapeutic techniques relevant to treating anorexia nervosa.
- To provide participants with the skills, knowledge and confidence in order to apply this model to their relevant clinical setting.



What the Programme Offers:

The training consists of a 4-day intensive programme with a combination of didactic and experiential components, including case discussion and implementation in clinical settings. The MFT-AN manual will be shared with participants.

On request, we can provide continuous supervision and consultation for teams trained as separate tariffs.

Key Outcome:

- At the end of the training participants will have the skills and competencies required to be able to apply the approach in their own clinical setting.
- Our trainings promote the development of a MDT approach ethos; therefore we encourage, and will prioritise the attendance of more than one professional from each team. We recommend early booking to guarantee a place and thus avoid disappointment.

Cost:

4-Day intensive programme

£975.00 per person – including MFT-AN manual and refreshments. Please note, lunch will not be included.

Teams who attend with 3 or more colleagues will receive a 20% discount per person and a 1 hour Skype consultation or supervision session.

Who can Apply:

Our MFT programme is aimed at team members with existing therapeutic background who work as part of a multi-disciplinary child and adolescent eating disorders team. We prioritise team bookings and offer a 20% discount when 3 or more team members attend.

For enquiries or to apply please contact the training administrator

Email: MCCAEDtraining@slam.nhs.uk

Telephone: 020 3228 8141

Training Manager:

Stamatoula Voulgari

Principal Systemic Family Psychotherapist



ORTUS Training Centre, The Maudsley Hospital site.

