

# Multi Family Therapy (MFT-AN)

## A Four Half Day Intensive Training

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

### 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.

### When:

Part 1 (Theory, Structure & Content): Thursday 23 & Friday 24  
September 2021, 9am to 12.30pm each day  
Part 2 (Experiential Learning): Dates and times TBA

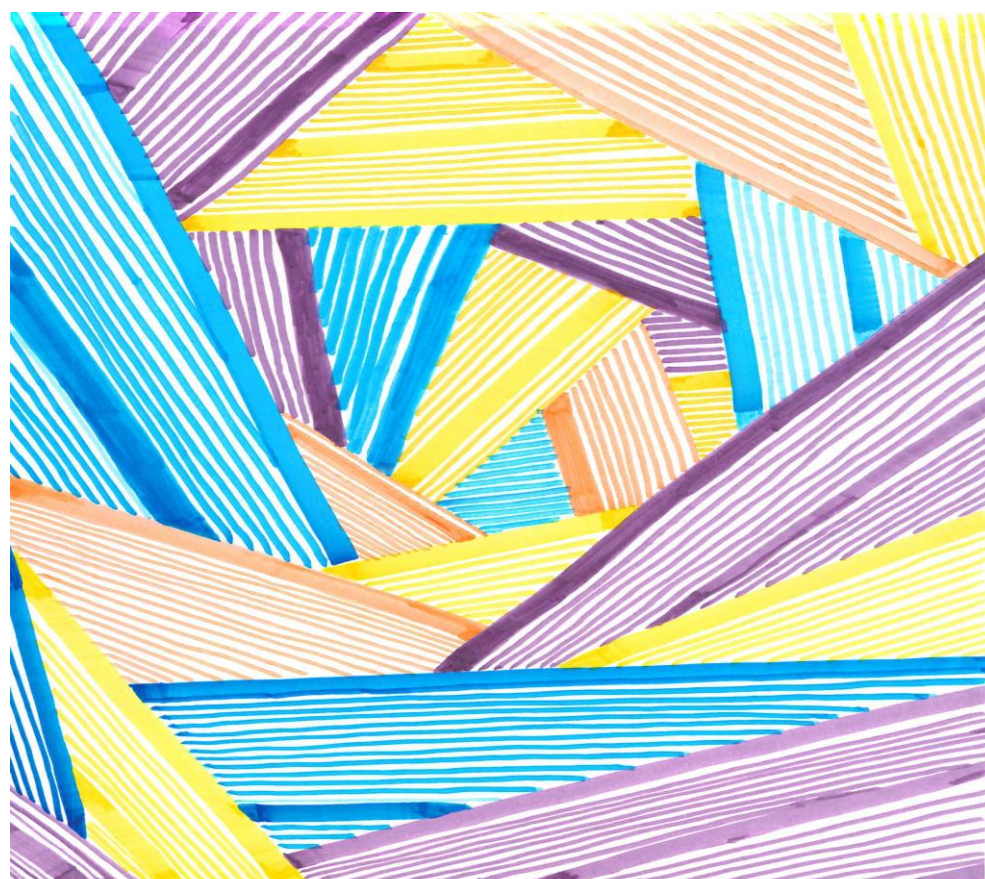
### Where:

Part 1 will be delivered online via video-conferencing (Zoom)  
Part 2 will be delivered both online via video-conferencing  
(Zoom) and face-to-face at the following address:

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*



## What the Programme Offers:

The training consists of a 4 half-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 half-day intensive programme**

**£500.00 per person** – including MFT-AN manual.

## 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. Team

## Attending the Training:

**This training is split into 2 parts.** Part 1 will cover the theory, structure and content of MFT and will take place via video-conferencing. Links to the training sessions and all accompanying resources will be emailed to participants following sign-up. To attend the video-conference, participants will require a reliable Wi-Fi connection and access to Zoom.

For part 2, attendees will be provided with the option of attending via video-conferencing or face-to-face at the following address:

ORTUS Learning and Events Centre  
82 – 96 Grove Lane, London, SE5 8SN

*ORTUS Training Centre, The Maudsley Hospital site.*

*For enquiries or to apply please contact the training administrator*

**Email:** [MCCAEDtraining@slam.nhs.uk](mailto:MCCAEDtraining@slam.nhs.uk)

**Telephone:** 020 3228 8141

**Training Manager:**  
Stamatoula Voulgari  
Principal Systemic Family Psychotherapist

