

# Family Therapy for Anorexia Nervosa (FT / AN):

## Family Therapy Approaches to the Treatment of Adolescent Anorexia Nervosa

### Background:

Our service is a nationally and internationally renowned for clinical and research evaluation of psychological treatments for eating disorders. Findings from our studies are frequently quoted as providing the principal evidence for the effectiveness of family therapy for adolescent anorexia nervosa.

The majority of our treatment is provided on an outpatient basis using **Systemic Family Therapy for the treatment of anorexia nervosa**, often described as the **Maudsley Approach** or the **Maudsley Model**. Our treatment model places a strong emphasis on working closely with families, helping them to re-discover their strengths and resources with the parents taking an active role in finding ways to overcome their child's illness.

### 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.
- 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 illustrate through facilitative group participation how families engage in treatment by using psycho-educational and therapeutic techniques relevant to treating eating disorders.
- To provide participants with the skills, knowledge and confidence in order to apply this model to their relevant clinical setting.

### When:

Dates: Tuesday 15<sup>th</sup>, Wednesday 16<sup>th</sup>, Thursday 17<sup>th</sup> & Tuesday 22<sup>nd</sup> November 2022

Time: 9:00am - 1:00pm each day

### Where:

Online via video-conferencing

### Programme Facilitators:

Stamatoula Voulgari  
*Principal Systemic Psychotherapist*

Esther Blessitt  
*Principal Systemic Family Psychotherapist*



## What the Programme Offers:

The training consists of an intensive programme across 4 half-days with a combination of didactic and experiential components, including case discussion.

**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-days intensive programme

**£600.00 per person** – including online discount and materials

*Teams who attend with 3 or more colleagues will receive an additional 15% discount per person.*

*If teams would like ongoing supervision following the training please contact [MCCAEDtraining@slam.nhs.uk](mailto:MCCAEDtraining@slam.nhs.uk) for availability and costs.*

## Who can Apply:

This training is for clinicians working within a multi-disciplinary child and adolescent eating disorders team, who hold clinical responsibility (i.e. Psychiatrists, Family Therapists, Psychologists, Psychotherapists, Nurse Specialists). Dieticians, Paediatricians and other professionals working within the team could attend with their colleagues.

## Attending the Training:

This training will take place over 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 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

