

The Intensive Treatment Programme (ITP):

**An alternative to inpatient care for young people
suffering from eating disorders**

Background:

The Maudsley Centre for Child and Adolescent Eating Disorders (MCCAED) is nationally and internationally renowned for clinical and research evaluation of psychological treatments for eating disorders. The majority of our treatment is provided on an outpatient basis however, around 25% of young people with anorexia nervosa require more intensive therapeutic input. Nationally and internationally, very ill young people with anorexia nervosa who are not responding to outpatient treatment are often admitted to hospital.

In our service, The Intensive Treatment Programme (ITP) was developed as an alternative to inpatient care for young people suffering from anorexia nervosa and other restrictive eating disorders who are unable to achieve consistent weight gain, establish regular eating or have high level of contributing factors hindering their recovery from their eating disorder. In other words, ITP is a day programme designed to tackle most known factors that contribute to 'stuckness' in recovery like a high level of general and social anxiety, rigidity, inflexibility, emotional withdrawal and perfectionism.

Aims of this Programme:

- To present the research and theoretical support for preferential benefits of using day programmes compared to inpatient admissions.
- To present the outcomes for the young people admitted to ITP over the past decade.
- To offer practical guidelines on how to set up a similar service in your area. This includes our intake criteria, how to assess, start and end treatment, goal setting, MDT set up and supervision and interface with community outpatient services.
- To suggest what not to do, learning from our experience.
- To offer an overview of the ethos of ITP, its therapeutic milieu, how to embed the expectation of recovery into the programme from assessment through to discharge and how to work with young people with little to no motivation.
- To offer guidelines on how to work with acute physical risk, self-harm, and other co-morbidities including ASD, OCD and anxiety.
- To provide an overview of the therapeutic group programme (Radically Open-DBT, CBT for maladaptive perfectionism and anxiety, Art Therapy, Cognitive Remediation Therapy, Yoga Therapy, Food group, and Self-esteem, values and social media group).
- To provide guidance how to integrate educational provision into the programme.

When:

Dates: Thursday 31st March & Friday 1st April 2022

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

Where:

Online via video-conferencing

Programme Facilitators:

Dianne Russell

Senior Systemic Family Psychotherapist

Dr Charlotte Watson

Senior Clinical Psychologist

Dr Mima Simic

Consultant Child and Adolescent Psychiatrist

Dr Julian Baudinet

Consultant Clinical Psychologist



What the Programme Offers:

The first two introductory half days online are combination of didactic and experiential components. If available, parents and young people who have gone through the whole ITP journey will join us so that you can hear first-hand what they have found helpful and unhelpful in a day programme treatment. We aim to make the training as interactive as possible. Members from our MDT (Consultant Psychiatrist, Consultant Paediatrician, Nurses, Psychologists, Dietician, Art Therapist, Teachers and Assistant Psychologists) will be present to answer specific questions.

Key Outcome:

- At the end of the training participants will feel more equipped to set up a similar service in their area.
- Understand key components and structure of an effective day programme
- Have an overview of the interface between the day programme and community services

We normally encourage the attendance of more than one professional from each team. We recommend early booking to guarantee a place and thus avoid disappointment.

Cost:

Introductory two half days on-line training: £200 per person – including online discount and materials

Teams who attend with 3 or more colleagues will receive an additional 20% discount per person.

Following this training, teams can book two experiential modules:

1. Meal planning and supervision
2. Setting up therapy groups for the day programme.

If teams would like ongoing supervision following the training, please contact MCCAEDtraining@slam.nhs.uk for availability and costs.

Who can Apply:

Mental health professionals working in the field of eating disorders. Managers or commissioners for child and adolescent eating disorder services.

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

Telephone: 020 3228 8141

Training Manager:

Stamatoula Voulgari,
Principal Systemic Family Psychotherapist