

# Introduction to Working with Families in Child and Adolescent Eating Disorders

**When:**

Wednesday 30 November 2022  
3-hour webinar - 9:00am -12pm

**Where:**

Online via video-conferencing

**Programme Facilitators:**

**Dr Natalie Pretorius, Principal Clinical Psychologist**  
**Stella Giatra, Senior Family Therapist**  
**Eva Pastor, Senior Family Therapist**

**Background:**

The aim of this webinar is to offer an introduction to working with young people with eating disorders and their families across a variety of settings: outpatient, general CAMHS, inpatient and the voluntary sector. This 3-hour webinar will focus on the basic principles of Family Theory in eating disorders, and how to apply this knowledge in clinical settings. The workshop is for professionals who want to increase their understanding of working with families in eating disorders.

**Aims of this programme:**

- To promote evidence-based practice in the treatment of Eating Disorders (NICE Guidelines, 2017).
- To discuss basic principles of working with families in eating disorders across a variety of different settings.
- To present the research and theoretical underpinning of Family Theory and to illustrate how the theory relates to the practice.
- To provide participants with the skills, knowledge and confidence to be able to apply these principles to their relevant clinical setting.



**What the programme offers:**

This 3-hour webinar will include a combination of didactic teaching, polls and Q&A.

**Key outcome:**

At the end of the training participants will develop their knowledge of the basic principles of working with families in child and adolescent eating disorders and be able to apply this in their own clinical setting.

**Cost:**

**3-hour webinar**

**£100** – including online discount and materials



**Maudsley Centre for  
Child and Adolescent  
Eating Disorders**



### Who can apply:

This introductory training is for staff working across different settings (i.e. outpatient, general CAMHS, inpatient and the voluntary sector) who are interested in increasing their knowledge of the basic principles of working with families in child and adolescent eating disorders.

### 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

