

# 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:

### Introductory two half days

- 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.

### Additional Modules

#### *Setting up Therapy Groups for a Day Programme*

- To consider how different groups link to the wider aims and ethos of a Day Programme and how they support the expectation of recovery

### When:

Introductory 2 half day dates: *Monday 5th & Tuesday 6th June 2023*

### Additional Modules dates:

1. *Setting up Therapy Groups - Tuesday 13th June 2023*
2. *Meal Planning & Supervision - Tuesday 20th June 2023*

Time: 1:00pm - 5:00pm each day

### Where:

Online via video-conferencing

### Programme Facilitators:

Dianne Russell  
*Senior Systemic Family Psychotherapist*

Dr Charlotte Watson  
*Senior Clinical Psychologist*



- To understand key elements to hold in mind when running groups with young people and with young people with little or no motivation
- To consider learnings from our own experience of facilitating therapy groups in a Day Programme
- To take part in group exercises to think practically about issues that may come up while running groups and consolidate learning

#### *Meal Planning & Supervision*

- To feel more equipped to implement and deliver therapeutic meal supervision in a Day Programme
- To consider the different types of meals that can be offered in a Day Programme and how they link with the expectation of recovery
- To consider the role of a Food Group as part of therapeutic meal supervision in a Day Programme
- To understand key elements related to meal planning and meal supervision such as: managing anxiety around meals, dining room rules, after meal distress tolerance support, and the use of supplements
- To take part in experiential exercises to help consolidate learning

### 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, Family therapists, 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: £300 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 additional experiential modules:

**1. Setting up therapy groups for the day programme: £150 per person.**

**2. Meal planning and supervision: £150 per person**

(£300 per person if booking both additional modules)

*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:

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](mailto:MCCAEDtraining@slam.nhs.uk)

**Training Manager:**

Stamatoula Voulgari,

Principal Systemic Family Psychotherapist