

HEE Funded Family Therapy for Anorexia Nervosa (FT / AN) Training:

A Four Half Day Training commissioned by Health Education England (HEE) on Family Therapy Approaches to the Treatment of Adolescent Anorexia Nervosa - FREE to book

When:
4 half days per training
9am-1pm on each day

Where:
Online via video-conferencing

Programme Facilitators:
MCCAED training Team

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.



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.

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.

Dates:

Cohort 1: Feb/March

Tuesday 28th February, Wednesday 1st March, Thursday 2nd March & 9th March
9:00 am - 1:00pm each day

Cohort 2: April

Tuesday 11th, Wednesday 12th, Thursday 13th & 18th April
9:00 am - 1:00pm each day

Cohort 3: May

Tuesday 9th, Wednesday 10th, Thursday 11th & Tuesday 16th May
9:00 am - 1:00pm each day

Cohort 4: June

Wednesday 14th, Thursday 15th, Friday 16th & Wednesday 21st June
9:00 am - 1:00pm each day

Cohort 5: July

Monday 10th, Tuesday 11th, Wednesday 12th & Monday 17th July
9:30 am - 1:30pm each day

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. However, there is a limit of up to 5 clinicians from each team so we would ask you prioritise clinicians directly applying the model with YP and their families. Please only apply for your team in one cohort, set of dates, and do not split your team across cohorts as these requests will not be accepted.

Follow this link to book: <https://forms.office.com/e/JyhxyecUsk>

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