

# Family and Multi-family Therapy for Bulimia Nervosa (FT-BN and MFT-BN)

## Family and Multi-family Therapy Approaches to the Treatment of Adolescent Bulimia Nervosa

### When:

Tuesday 12th, Wednesday 13th & Thursday 14th September 2023  
9:00am to 12:45pm each day

### Where:

Online via video-conferencing

### Programme Facilitators:

Dr Juliet Rosewall  
*Principal Clinical Psychologist*

Dr Natalie Pretourius  
*Principal Clinical Psychologist*

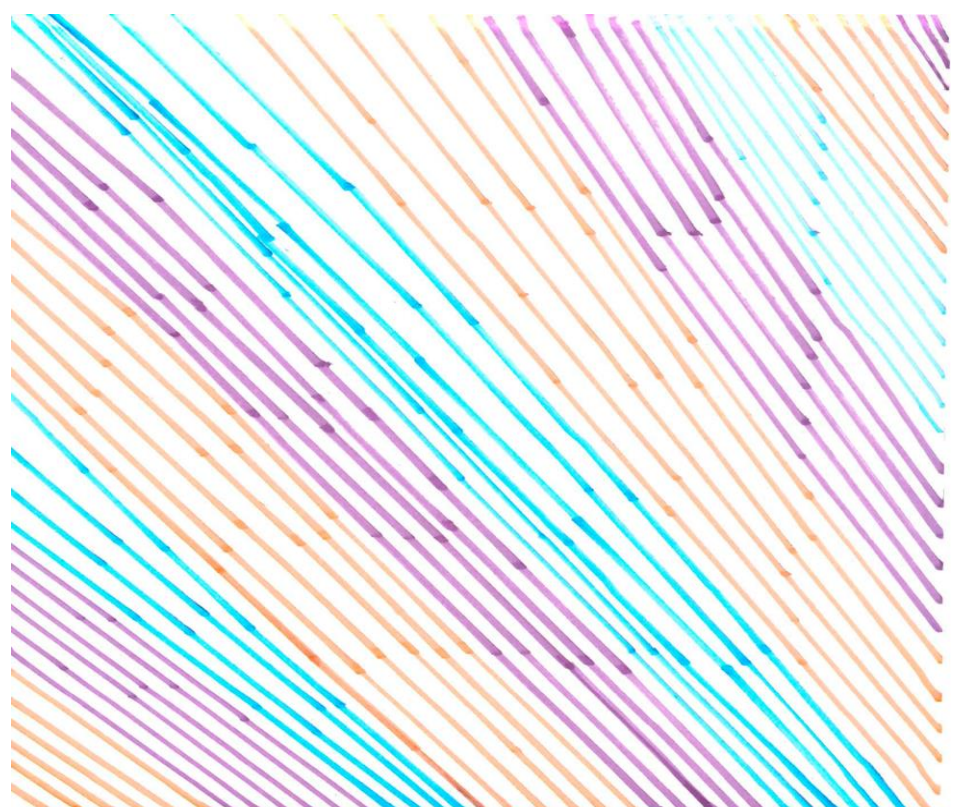
### Background:

#### Family and Multi-family Therapy for bulimia nervosa (FT-BN & MFT-BN)

This training will focus on the Maudsley Centre for Child and Adolescent Eating Disorders (MCCAED) approach to working with young people and families with bulimia nervosa. Our service is nationally and internationally recognised for its clinical and research excellence in eating disorders, including the development of effective single family (FT-BN) and multi-family therapy (MFT-BN) treatments for adolescent bulimia nervosa. Both FT-BN and MFT-BN draw on many of the aspects of our treatments for anorexia nervosa; however, treatments for bulimia nervosa are modified to address specific psychological needs of young people with BN and their families. Family treatments for BN have integrated family therapy and multi-family principles with key elements of Attachment Based Family Therapy (ABFT), Cognitive Behavioural Therapy (CBT) and concepts of emotional regulation and distress tolerance drawn from Dialectical Behaviour Therapy (DBT). FT-BN is the recommended first line treatment for adolescent bulimia nervosa (NICE, 2017). While empirical evaluation of MFT-BN is limited at present, the initial feedback from the families and the young people involved in this treatment is very positive. In addition, our MFT-BN pilot study indicates significant reductions in eating disorder symptoms and depression, increased use of adaptive coping skills in young people and improved mental health wellbeing of parents.

### Aims of this programme:

- To promote evidence-based practice in the treatment of Eating Disorder (NICE Guidelines, 2017) for adolescent bulimia nervosa.
- To present the research and theoretical underpinning of the Maudsley approach to adolescent BN 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 on multi-disciplinary team (MDT) working.
- To illustrate through experiential group participation how families engage in treatment by using psychoeducation and teaching of emotional regulation and distress tolerance skills 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:

This intensive programme consists of 3 half-days training 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 prioritise teams who attend with more than one professional from each team. We recommend early booking to guarantee a place and thus avoid disappointment.*

## Cost:

### 3 Half-Days intensive programme

**£320.00 per person** – including online discount and materials

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

## 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, and 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)

**Training Manager:**

Stamatoula Voulgari,

Principal Systemic Family Psychotherapist

