

# Family Therapy for Anorexia Nervosa for Emerging Adults (FT / AN - EA):

## Family Therapy Approaches to the Treatment of Anorexia Nervosa for Emerging Adults

### When:

Dates: Tuesday 16th, Wednesday 17th, Thursday 18th and  
Tuesday 23rd May 2023

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

### Where:

Online via video-conferencing

### Programme Facilitators:

Professor Ivan Eisler  
*Professor of Family Psychology & Family Therapy*

Elizabeth Dodge  
*Family Therapist*

### Background:

Family-based therapy has consistently been found to be the most effective first line treatment for anorexia nervosa in young people currently available. Recommended by the National Institute of Clinical Excellence (NICE Guidelines, 2017) and by many other countries around the world, family-based therapy is heavily backed up by empirical evidence and has a long history of measurable success. There is now growing evidence that family-based therapy is also effective for emerging adults with anorexia Nervosa.

The majority of our treatment in the child and adolescent service is provided on an outpatient basis using **Systemic family therapy of the treatment of anorexia nervosa**, often described as the **Maudsley approach** or the **Maudsley model**. This treatment model places a strong emphasis on working closely with families, helping them to rediscover their strengths and with the parents taking an active role in finding ways to overcome their child's illness. We are working to develop this model to include emerging adults placing particular emphasis on age- appropriate adaptations.

### 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
- 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.*

## Cost:

### 4 half-days intensive programme

**£600.00 per person** – including online discount and materials

*Teams who attend with 3 or more colleagues will receive an additional 15% discount per person.*

## Who can Apply:

This training is for clinicians working within life span services, adult eating disorders teams particularly those offering the FREED pathway who hold clinical responsibility (i.e. Psychiatrists, Family Therapists, Psychologists, Psychotherapists, Nurse Specialists). Dieticians, medical doctors and other professionals working within the team could attend with their colleagues. We would particularly welcome clinicians who are involved with transition pathways.

## 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



