

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

Family Therapy Approaches to the Treatment of Anorexia Nervosa in Emerging Adults

Background:

Eating disorders focused family therapy has been consistently found to be the most effective treatment for anorexia nervosa in young people. It is recommended as the first-line treatment by the National Institute of Health and Care Excellence (NICE, 2017) and many other guidelines in countries around the world. There is now growing recognition that eating disorders focused family therapy is also effective for emerging adults with Anorexia Nervosa and was recently recommended by the American Psychiatric Association (APA) Guidelines (Crone et al., 2023) who suggest more extensive family involvement for emerging adults.

Family therapy for anorexia nervosa in emerging adults is an adaptation of the **Maudsley family therapy** approach for adolescent anorexia nervosa. Central to the Maudsley treatment model is a strong emphasis on mobilizing the family as a resource, 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. Over the last 2 years FT-AN (EA) has been offered to those on the FREED pathway in the adult service with positive results.

Aims of the Programme:

- To promote evidence-based practice in the treatment of eating disorders (NICE, 2017).
- To present the research and theoretical underpinning of this approach and to illustrate how the theory relates to clinical 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 FT-AN (EA) to their relevant clinical setting.

When: Wednesday 19th, Thursday 20th & Friday 21st February 2025

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

Dr Julian Baudinet
Consultant Clinical Psychologist



What the Programme Offers:

The training consists of an intensive programme across 3 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 an 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:

3 half-days intensive programme

£500.00 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, who have not received FT-AN/BN training, 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.

To apply, please complete the registration form [here](#):

For further enquiries please email:

MCCAEDTraining@slam.nhs.uk

Training Admin Coordinator: Carlisha Taylor

Training Manager: Stamatoula Voulgari, *Principal Systemic Family Psychotherapist*

