

NHSE Funded Family Therapy for Anorexia Nervosa (NHSE FT-AN) Training:

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

When:

March 2025 - May 2025
4 half-days per training cohort
9am-1pm on each day

Where:

Online via video-conferencing (Zoom)

Programme Facilitators:

MCCAED Training Team
University of Exeter
University of Leeds

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. The training costs have been covered by NHS England.

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

Who can Apply:

This training is for clinicians working within an NHS organisation in a multi-disciplinary child and adolescent eating disorders outpatient 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 alongside their colleagues. However, there is a limit of up to 6 clinicians from each team, so we would ask you prioritise clinicians directly applying the model with young people and their families. **Assistant Psychologists, Assistant Practitioners, Healthcare Assistants etc**, do not meet the direct or relevant criteria for this training. 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.

In the situation where cohorts are over-subscribed, places will be prioritised in the following order:

- NHS England outpatient specialist eating disorder teams or ED specialist CAMHS teams.
- Clinicians within these MDT's that hold clinical responsibility and will deliver treatment model.
- MDT members such as paediatricians

How to Book:

Team managers will be required to follow the link below and fill out the form to request their team onto their cohort's training. Team Managers should ensure they only apply for the region in which their team are geographically based. Only requests made by team managers will be accepted. Applying does not guarantee a place, team managers will be notified the outcome of their application by a member of the MCCAED Training Team. We will prioritise contacting applicants who have been allocated a place on the training.

For booking applications, please follow the link below for your region.

Regional training dates and links to registration form:

Please note, registering under the Incorrect region will result in the automatic rejection of your application

Cohort 1: North East & Yorkshire (University of Leeds)

Friday 7th, Friday 14th March, Friday 4th & Friday 11th April 2025
9:00 - 13:00 each day

Link to registration form [here](#)

Closing date: Wednesday 19th February 2025

Cohort 5: South East (MCCAED Training Team)

Wednesday 12th March, Monday 7th, Tuesday 8th & Wednesday 9th April 2025
9:00 - 13:00 each day

Link to registration form [here](#)

Closing date: Wednesday 19th February 2025

Cohort 2: South West (University of Exeter)

Monday 17th March, Monday 7th, Tuesday 8th & Monday 14th April 2025
9:00 - 13:00 each day

Link to registration form [here](#)

Closing date: Friday 28th February 2025

Cohort 6: Midlands (MCCAED Training Team)

Tuesday 18th March, Tuesday 13th, Wednesday 14th & Thursday 15th May 2025
9:00 - 13:00 each day

Link to registration form [here](#)

Closing date: Friday 28th February 2025

Cohort 3: Mixed Group South West & East of England (University of Exeter)

Wednesday 19th March, Tuesday 15th, Tuesday 29th April & Tuesday 6th May 2025
9:00 - 13:00 each day

Link to registration form [here](#)

Closing date: Friday 28th February 2025

Cohort 7: North West (MCCAED Training Team)

Wednesday 19th March, Tuesday 29th, Wednesday 30th April & Thursday 1st May 2025
9:00 - 13:00 each day

Link to registration form [here](#)

Closing date: Friday 28th February 2025

Cohort 4: Mixed Group North East & Yorkshire & North West (University of Leeds)

Friday 21st, Friday 28th March, Friday 2nd & Friday 9th May 2025
9:00 - 13:00 each day

Link to registration form [here](#)

Closing date: Friday 28th February 2025

Cohort 8: East of England (MCCAED Training Team)

Thursday 27th March, Wednesday 7th, Thursday 8th & Friday 9th May 2025
9:00 - 13:00 each day

Link to registration form [here](#)

Closing date: Friday 28th February 2025

Cohort 9: London (MCCAED Training Team)

Friday 28th March, Tuesday 29th & Wednesday 30th April & Thursday 1st May 2025
9:00 - 13:00 each day

Link to registration form [here](#)

Closing date: Friday 28th February 2025

Cohort 10: Mixed Group South East, Midlands & London (MCCAED Training Team)

Friday 4th April, Tuesday 20th, Wednesday 21st & Thursday 22nd May 2025
9:00 - 13:00 each day

Link to registration form [here](#)

Closing date: Friday 28th February 2025

Long Links to Registration Forms via Region:

North East & Yorkshire - Friday 7th, Friday 14th March, Friday 4th & Friday 11th April 2025

<https://forms.office.com/Pages/ResponsePage.aspx?id=SuTPoS5olUqOctA7m1iHqmnrEUT32BBKmUnG0KzYye9UQUIFT0VRMDAxSzJVRFJaOVRTUzNRQkVYVC4u>

South West - Monday 17th March, Monday 7th, Tuesday 8th & Monday 14th April 2025

<https://forms.office.com/Pages/ResponsePage.aspx?id=SuTPoS5olUqOctA7m1iHqmnrEUT32BBKmUnG0KzYye9UQjNROTBQMUw4MTI3TE83UzNWMVRSUE80OC4u>

South West & East of England - Wednesday 19th March, Tuesday 15th, Tuesday 29th April & Tuesday 6th May 2025

<https://forms.office.com/Pages/ResponsePage.aspx?id=SuTPoS5olUqOctA7m1iHqmnrEUT32BBKmUnG0KzYye9UME1LR0U0QTJERzFOUjFYSVRGUkwzOTI2OC4u>

North East & Yorkshire & North West - Friday 21st, Friday 28th March, Friday 2nd & Friday 9th May 2025

<https://forms.office.com/Pages/ResponsePage.aspx?id=SuTPoS5olUqOctA7m1iHqmnrEUT32BBKmUnG0KzYye9UOUQ0M0NISzNSODM2MTNUODhORKxaWUIzQy4u>

South East - Wednesday 12th March, Monday 7th, Tuesday 8th & Wednesday 9th April 2025

<https://forms.office.com/Pages/ResponsePage.aspx?id=SuTPoS5olUqOctA7m1iHqmnrEUT32BBKmUnG0KzYye9UNTczVEZVNUpVQ0hTNzc3QzRLQjhBM0FRVy4u>

Midlands - Tuesday 18th March, Tuesday 13th, Wednesday 14th & Thursday 15th May 2025

<https://forms.office.com/Pages/ResponsePage.aspx?id=SuTPoS5olUqOctA7m1iHqmnrEUT32BBKmUnG0KzYye9UMUdISVU4Rjg0Sk9DSEIRUTVTVVJLSjdOMi4u>

North West - Wednesday 19th March, Tuesday 29th, Wednesday 30th April & Thursday 1st May 2025

<https://forms.office.com/Pages/ResponsePage.aspx?id=SuTPoS5olUqOctA7m1iHqmnrEUT32BBKmUnG0KzYye9UN0FFWloyME9aMVI1RVYyTVQyTko2NFdQRy4u>

East of England - Thursday 27th March, Wednesday 7th, Thursday 8th & Friday 9th May 2025

<https://forms.office.com/Pages/ResponsePage.aspx?id=SuTPoS5olUqOctA7m1iHqmnrEUT32BBKmUnG0KzYye9URDY1SzMzSkFDNEFOM0RaNVREWkpFMUFLTi4u>

London - Friday 28th March, Tuesday 29th & Wednesday 30th April & Thursday 1st May 2025

<https://forms.office.com/Pages/ResponsePage.aspx?id=SuTPoS5olUqOctA7m1iHqmnrEUT32BBKmUnG0KzYye9UOE5ZRDC5SVVIWDIPV1o1NTILV0FUQlc0Uy4u>

South East, Midlands & London - Friday 4th April, Tuesday 20th, Wednesday 21st & Thursday 22nd May 2025

<https://forms.office.com/Pages/ResponsePage.aspx?id=SuTPoS5olUqOctA7m1iHqmnrEUT32BBKmUnG0KzYye9UQVZXSTZMUDdKVFRLQTdYN1g2R0dFOERLRC4u>

Attending the Training:

This training will take place over video-conferencing (Zoom). Links to the training sessions and all accompanying resources will be emailed to participants following sign-up. At least 3-4 weeks before the training, managers will be contacted and asked to notify their team. Emails will also be sent to participants with one week to confirm or reject their place. Links to the training sessions and all accompanying resources will be sent via email before the training date. To attend the video-conference, participants will require a reliable Wi-Fi connection and access to Zoom. Only those who have confirmed their attendance on the training will be admitted into the video-conference on the day. Any changes, swapping or additions to the final list of confirmed attendees will need to be approved by the training team. Team managers and regional leads will receive the attendance record of all participants.

For further enquiries please email:

MCCAEDTraining@slam.nhs.uk

Training Admin Coordinator: Carlisha Taylor

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