

Multi Family Therapy (MFT-AN)

A Two Half-Day Intensive Training with a Two-Day Experiential Training

**For Health Professionals working with restrictive
eating disorders**

Background:

Multi Family Therapy (MFT) is a NICE (2017) recommended treatment approach for restrictive eating disorders that has been developing over the last 20 years. This approach provides a more intensive form of family intervention than the single outpatient **Family Therapy for Anorexia Nervosa (FT-AN)**. Like FT-AN, MFT aims to help young people and their family re-discover their own resources by emphasising ways in which parents can take an active role in supporting their child to overcome the eating problem. MFT enhances FT-AN by providing families the opportunity of the group setting to explore how the eating disorder has affected family life, making it difficult for the family to follow a more typical developmental course of the family life cycle. The sharing of experiences and the dynamics of the group are important components of the treatment.

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 of MFT in eating disorders.
- 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 teach skills on how to facilitate MFT.
- To illustrate through facilitative group participation how families engage in MFT by using psycho-educational and therapeutic techniques relevant to treating anorexia nervosa.
- To provide participants with the skills, knowledge and confidence in order to apply this model to their relevant clinical setting.

When

Part 1 (Theory, Structure & Content): Thursday 5th & Friday 6th March 2026, 9:00am to 1:00pm each day

Part 2 (Experiential Learning): Wednesday 11th & Thursday 12th March 2026, 9:30am to 4:30pm each day

Where

Part 1 will be delivered online via video-conferencing (Zoom)

Part 2 will be delivered face-to-face at the following address:

ORTUS Learning and Events Centre
82 – 96 Grove Lane, London, SE5 8SN

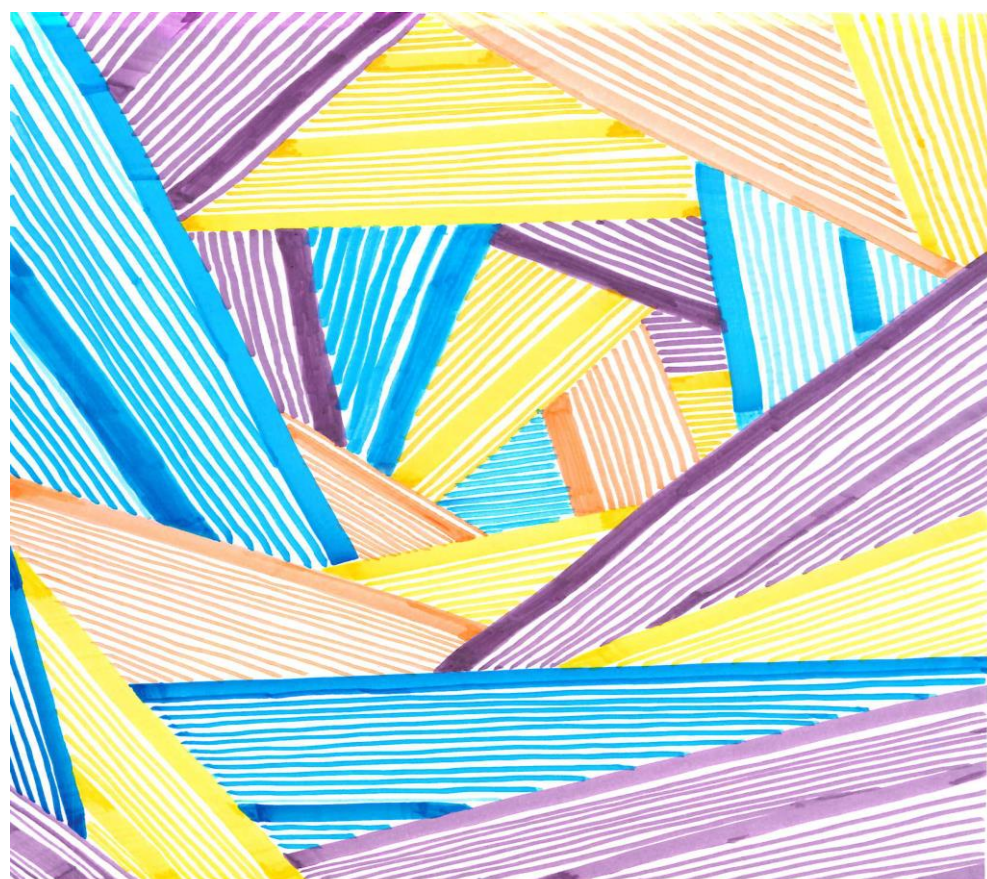
Programme Facilitators

Stamatoula Voulgari
Principal Systemic Psychotherapist

Dr Julian Baudinet
Consultant Clinical Psychologist

Link to application form [here](#):

This Registration form will be activated on the 1st of December 2025



What the Programme Offers:

The training consists of a 2 half-day's intensive programme with a combination of didactic and 2 full-day's experiential components, including case discussion and implementation in clinical settings. The MFT-AN manual will be shared with participants.

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 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:

2 half-day intensive online programme
£250.00 per person

OR

2 half-day intensive online programme & 2 full day's experiential training
£800.00 per person – including a copy of the MFT-AN manual.

Who can Apply:

Our MFT programme is aimed at team members with existing therapeutic background who work as part of a multi-disciplinary child and adolescent eating disorders team.

To apply for a place on this training, please complete the registration form here: [MFT-AN REGISTRATION FORM](#)

Attending the Training:

This training is split into 2 parts. Part 1 will cover the theory, structure and content of MFT and will take place via 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 part 2 (experiential training), training will take place face-to-face at the following address:

ORTUS Learning and Events Centre
82 – 96 Grove Lane, London, SE5 8SN

ORTUS Training Centre, The Maudsley Hospital site.

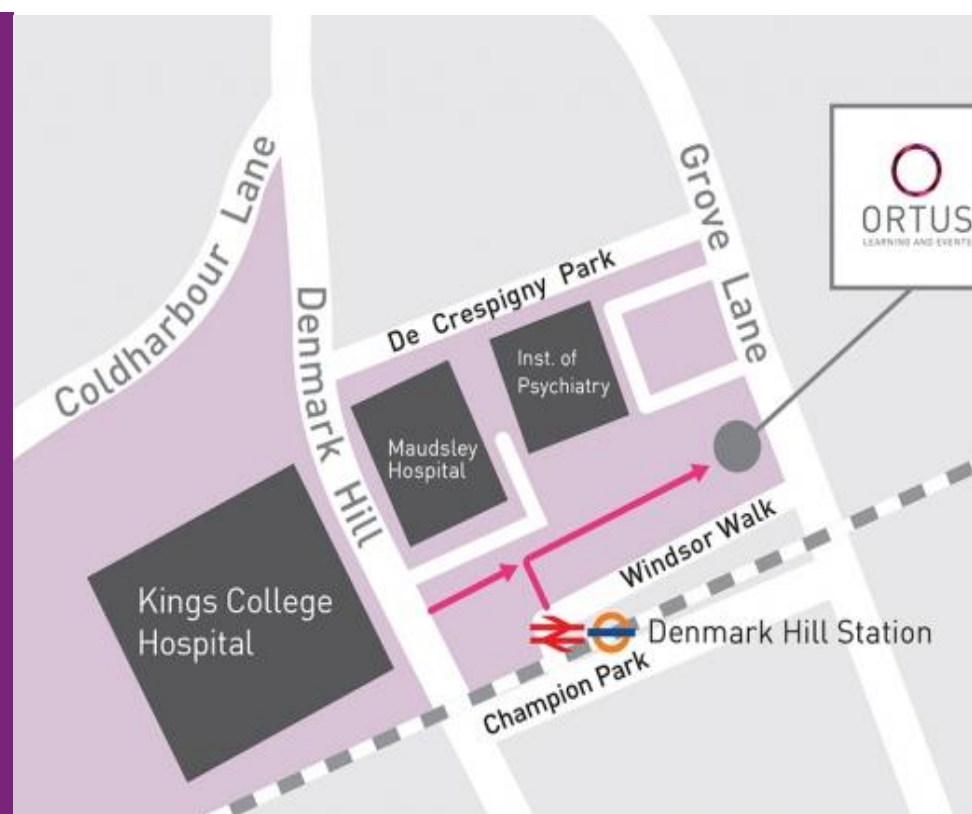
To apply, please complete the registration form here:

<https://forms.office.com/Pages/ResponsePage.aspx?id=SuTPoS5olUqOctA7m1iHqmnreUT32BBKmUnG0KzYye9UOTNBRjBVU0pHOVYzVFZRR0VaVzQ5S0ZWUS4u>

For further enquiries please email:
MCCAEDTraining@slam.nhs.uk

Training Admin Coordinator: Carlisha Taylor

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



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