

Family Therapy for Anorexia Nervosa (FT-AN)

Family Therapy Approaches to the Treatment of Adolescent Anorexia Nervosa

When: Tuesday 13th, Wednesday 14th, Thursday 15th & Tuesday 20th
October 2026

Duration: 4 half days

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

Where: Online via video-conferencing

Programme Facilitators: Stamatoula Voulgari,
Principal Systemic Psychotherapist and Stella Giatra, *Senior Systemic
Family Psychotherapist*

Link to application form [here](#):

This registration form will be activated on the **Monday 6th July 2026**

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.

Upon request, we may be able to 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.

Cost:

4 Half-days intensive programme

£600 per person

Who can Apply:

This training is for clinicians working within a multi-disciplinary child and adolescent eating disorders outpatient team, who hold clinical responsibility (i.e. **Psychiatrists, Family Therapists, Psychologists, Psychotherapists, Nurse Specialists**).

Dietitians, Paediatricians, and other professionals working within the team could attend alongside their colleagues. We ask that you prioritise clinicians directly applying the model with young people and their families. **Assistant Psychologists, Assistant Practitioners, Support Workers and Healthcare Assistants etc**, do not meet the direct or relevant criteria for this training. 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.

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

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:

<https://forms.office.com/Pages/ResponsePage.aspx?id=SuTPoS5olUqOctA7m1iHqmnrEUT32BBKmUnG0KzYye9UQUKMOVJNSVpDSzhKRkY5WUIxWVFOODZZTC4u>

For further enquiries please email

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Training Admin Coordinator: Carlisha Taylor

Training Manager: Stamatoula Voulgari

