

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**

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.

When:
4 half days per training
9am-1pm on each day

Where:
Online via video-conferencing (Zoom)

Programme Facilitators:
MCCAED Training Team
University of Exeter
University of Leeds



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.

Dates:

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

Friday 19th January, Friday 26th January,
Friday 2nd February & Friday 9th February 2024

9:00 - 13:00 each day

Cohort 2: South West (University of Exeter)

Monday 29th January, Tuesday 30th January,
Monday 5th February & Tuesday 6th February 2024

9:00 - 13:00 each day

Cohort 3: Mixed Group (University of Leeds)

This cohort is for: NE&Y and NW only

Friday 1st March, Friday 8th March,
Friday 15th March & Friday 22nd March 2024

9:00 - 13:00 each day

Cohort 4: Mixed Group (University of Exeter)

This cohort is for: SW and EofE only

Monday 11th March, Tuesday 12th March,
Monday 18th March & Tuesday 19th March 2024

9:00 - 13:00 each day

Cohort 5: East of England (MCCAED Training Team)

Tuesday 30th January, Wednesday 31st January,
Thursday 1st February & Tuesday 6th February 2024

9:00 - 13:00 each day

Cohort 6: South East (MCCAED Training Team)

Tuesday 27th, Wednesday 28th, Thursday 29th February
& Tuesday 5th March 2024

9:00 - 13:00 each day

Cohort 7: North West (MCCAED Training Team)

Monday 11th March, Monday 8th, Tuesday 9th
& Wednesday 10th April 2024

9:00 - 13:00 each day

Cohort 8: Midlands (MCCAED Training Team)

Tuesday 19th March, Tuesday 9th, Wednesday 10th
& Thursday 11th April 2024

9:00 - 13:00 each day

Cohort 9: London (MCCAED Training Team)

Wednesday 20th March, Tuesday 16th, Wednesday 17th
& Thursday 18th April 2024

9:00 - 13:00 each day

Cohort 10: Mixed Group (MCCAED Training Team)

This cohort is for: London, SE and Midlands only

Tuesday 26th March, Tuesday 23rd, Wednesday 24th
& Thursday 25th April 2024

9:00 - 13:00 each day

Who can Apply:

This training is for clinicians working within a multi-disciplinary child and adolescent eating disorders 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 with 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. 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.

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 confirmation of attendance by the training teams. Each team manager will be notified via email to confirm attendance. Links to the training sessions and all accompanying resources will be sent via email three weeks 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 last-minute changes, (swapping or additions) may not be accommodated due to the large volume of trainings and training participants.

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/region training. Only requests made by team managers will be accepted. Applications do not guarantee a place. Confirmation of places will be following a review, with the respective regional lead. Team managers will be contacted when the decision is made.

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 and dieticians, only if attending with their team.
- NHS England inpatient MDT's.

For booking applications, please follow the link: <https://forms.office.com/e/MYXGQJXbaN>

*For enquiries or to apply please contact
the training administrator*

Email: MCCAEDtraining@slam.nhs.uk

Telephone: 020 3228 8141

Training Manager:

Stamatoula Voulgari,
Principal Systemic Family Psychotherapist

