

Family Therapy for Anorexia Nervosa (FT / AN):

Family Therapy Approaches to the Treatment of Adolescent Anorexia Nervosa

When:

Thursday 19, Friday 20 May & Friday 25 November 2022

Where:

Helm Stierlin Institut, Heidelberg

Programme Facilitators:

Stamatoula Voulgari

Principal Systemic Family Psychotherapist

Julian Baudinet

Principal Clinical Psychologist

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 3 half-days with a combination of didactic and experiential components, including case discussion.

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.