

Multidisciplinary Treatment of Eating Disorders

5th May 2022 London



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Eating disorders are serious illnesses associated with negative health outcomes and the highest mortality among psychiatric disorders and manifest as a growing problem all around the world. Eating Disorders are mental illnesses that can have not only severe psychological implications, but also physical and social consequences.

The assessment and management of individuals with eating disorders can be challenging for professionals, due to the complex nature of such disorders. This is why diagnosis and treatment often involve professional support across multiple disciplines. In addition, the myths and misconceptions which surround the disorder often lead to patient self-stigmatisation and resistance to treatment.

This one-day event aims to bring participants up to date with cutting-edge research, clinical interventions and innovative scientific investigations in the treatment of Eating Disorders. Our conference will focus on multidisciplinary approaches along the patient's journey from early identification and diagnosis, to the treatment of eating disorders.

The process of patient recovery involves a collaborative approach between disciplines such as dietary and internal medicine, alongside psychiatry and therapy. And our conference is also aiming to promote collaboration and sharing of knowledge across disciplines. During the two days, the exchange of knowledge and learning will take various formats from speaker keynote presentations and service user contributions, to oral poster presentations, poster exhibitions and interactive workshops.

Plenary sessions will be planned throughout the day with question and answer sessions and panel discussions, in between. This meeting of minds will provide a valuable opportunity to network, share knowledge and ideas, and consider collaborative projects.

THIS CONFERENCE WILL BE PARTICULARLY USEFUL TO ALL THE CLINICIANS WORKING ON VARIOUS ASPECTS OF EATING DISORDERS, INCLUDING

- ✔ Psychiatrists
- ✔ Psychologists
- ✔ Social Workers
- ✔ Commissioners
- ✔ Managers
- ✔ Counsellors
- ✔ Family Therapists
- ✔ Occupational Therapists
- ✔ Physiotherapists
- ✔ Art Therapists
- ✔ Dieticians
- ✔ Nutritionists
- ✔ Paediatricians
- ✔ General Practitioners
- ✔ Internal Medicine Physicians
- ✔ Medics
- ✔ Nurses
- ✔ Students

IN ADDITION, THE CONFERENCE MAY BE OF INTEREST TO A WIDER RANGE OF STAKEHOLDERS AFFECTED OR INVOLVED WITH ASPECTS OF EATING DISORDERS, SUCH AS:

- ✔ Youth Workers
- ✔ School staff and assistants
- ✔ Teachers
- ✔ Parents, Carers or Guardians
- ✔ Anyone with an interest in learning more about disordered eating

Registration Space is limited. We encourage guests to register asap!!!

PROGRAMME -SUBJECT TO CHANGE-

09:20 - 09:30 Registration

09:30 - 09:40 Chair's Opening Address and Overview and Conference Objectives

Dr. Elizabeth Shea,
Consultant Clinical Psychologist, UK

09:40 - 10:10 Art Therapy and Eating Disorders: a creative approach enabling people to process emotions and experiences

Stella Joel,
Art Therapist, Southampton

10:10 - 10:40 Eating Disorders in Autism: Diagnosis, Definitions & Directions for Intervention

Dr. Elizabeth Shea,
Consultant Clinical Psychologist, UK

10:40 - 11:00 Morning Coffee Break and Networking

11:00 - 11:30 Compassion-Focused Therapy for Eating and Body- Image

Thomas Midgley,
Company Director at The Body Image Treatment Clinic. Psychotherapist & Highley Specialised Eating Disorders Dietitian, London, UK

11:30 - 12:00 The Journey: Eating Difficulties, Disorders and Recovery

Sophie and Charli,
Acacia Dreams

12:00 - 12:20 Question & Answers with Morning Panel

12:20 - 13:00 Lunch Break and Networking

CONFERENCE CONTINUES AND SPLITS INTO WORKSHOPS, delegates will attend 2 workshops from the choices below, one at 13.00 and one at 15:00.

13:00 - 14:30 Workshops A , B and C

Workshop A Positive Psychology interventions for people with severe and enduring eating disorders

Dr. Amy Harrison,
IOE - Psychology & Human Development, UCL Institute of Education

Workshop B The role of Occupational Therapy in the Treatment of Eating Disorders

Kiran Godhania,
Occupational Therapist, Eating Disorders Specialist Services

Workshop C Schema Therapy for Eating Disorders

Dr Susan Simpson,
Consultant Clinical Psychologist, Accredited Schema Therapist, Schema Therapy Scotland, Regional Eating Disorders Unit, NHS Lothian

14:30 - 15:00 Afternoon Coffee Break and Networking

15:00 - 16:30 Workshops D and E

Workshop D Yoga and Pilates for Eating Disorders

Amy Kizildagli,
Bournemouth University, Department of Psychology

Workshop E Why we need to rethink and transform our relationship with food

Anna Oliver,
Highly Specialist Eating Disorder Dietitian, Private practice based in London

We are all born with a natural, easy relationship to food and our bodies, but for so many this relationship gets disrupted. This workshop will cover topics such as:

- ✔ Why so many people have a complex relationship with food.
- ✔ If dieting is so clearly ineffective, why we are so obsessed with it.
- ✔ What tools everyone needs to improve their relationship with food.

16:30 Panel discussion and chair's closing remarks

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How to book If you would like assistance registering your place, please contact us on **+44 (0)208 144 2944** and we will be happy to assist. If you are awaiting funding, no problem, you can request us to hold your place today to ensure you do not miss out. Prefer to pay by invoice? You can select this payment method, once you're through to the registration page.

<https://www.forumsandevents.co.uk/multidisciplinary-treatment-of-eating-disorders>

Dr Mr Mrs Ms Other (Please Circle)	Delegate Rates (please tick the box as applicable)	Professors, Consultants, GP's and Industry Representatives Foundation year doctors, psychologists and Allied Healthcare Students, HCA's, Support Workers, Family and Carers and Charities	£195.00 <input type="checkbox"/> £165.00 <input type="checkbox"/> £125.00 <input type="checkbox"/>
First Name	Surname		
Job Title			
Organisation			
Address			
Postcode			
Email	Tel		
Please specify any special dietary or access requirements			
Workshop 1 13:00 to 14:30	Workshop A - Dr. Amy Harrison Positive Psychology interventions for people with severe and enduring eating disorders		<input type="checkbox"/>
	Workshop B - Kiran Godhania The role of Occupational Therapy in the Treatment of Eating Disorders		<input type="checkbox"/>
	Workshop C - Dr Susan Simpson Clinical Psychologist, Schema Therapy Scotland		<input type="checkbox"/>
Workshop 2 15:00 to 16:30	Workshop D - Amy Kizildagli Yoga and Pilates for Eating Disorders		<input type="checkbox"/>
	Workshop E - Anna Oliver Registered Dietician, Specialist Private Practice Dietitian in Central and North London		<input type="checkbox"/>
Please invoice	Requesting an invoice and signing this form will secure your place at the conference. All invoices must be paid in full before the event. See booking condition 6. <input type="checkbox"/>		
Pay by Debit/Credit Card Please debit my: Visa Card <input type="checkbox"/> MasterCard <input type="checkbox"/>	PLEASE COMPLETE (Billing address of Payment Card if different to the address above)		
Card Number <input type="text"/>	Address 1 <input type="text"/>		
Valid from <input type="text"/> Exp date <input type="text"/>	Address 2 <input type="text"/>		
CVC Code <input type="text"/> <small>(3 digits on the back of the card)</small>	Town <input type="text"/>	Postcode <input type="text"/>	
Name on card <input type="text"/>	Country <input type="text"/>		
Signature <input type="text"/>	If you have authorisation from your trust/department to attend this event and require an invoice, please provide the correct billing address or shared services address (including the relevant payable codes) and a purchase order number. We are unable to process any bookings without this information. We are unable to send out invoices to home addresses.		

Booking conditions

Forums and Events Ltd (the „Company“) accepts bookings under the following conditions:

- 1 Bookings are accepted through our website by registering and providing the information needed and processing a credit card or bank transfer payment.
- 2 Bookings are also accepted by fax or email by filling up the booking form together with full payment sent to Forums and Events Ltd. A confirmation of the booking will then be issued.
- 3 Returning the signed registration form or making a payment through the website constitutes a firm booking.
- 4 Bookings may be made over the telephone. In such case bookings will be confirmed only after receiving full payment.
- 5 All payments including credit card, must be in the currency advertised.
- 6 The Company reserves the right to cancel a booking if payment is not made 6 weeks prior to the conference taking place. Any outstanding payment becomes the responsibility of the signatory made on the reservation form.
- 7 Payment for any booking made within 6 weeks of the conference will still be due to the Company irrespective of whether the delegate attends.
- 8 All correspondence will be sent to participants at the address specified on the booking form or over the telephone (this address will also appear on the official Participants list given out at the event).
- 9 Should you be unable to attend, a substitute delegate may be able to attend. This must be received in writing one week prior to the conference.
- 10 The Company reserves the right to change the conference speakers in case of illness or other conditions beyond its control.
- 11 The Company does not accept responsibility for loss or damage to delegates own property and/or personal effects whilst at the conference. The Company does not accept any liability for loss or damage to personal effects caused by events beyond its control including (but without limitation) fire, flood, strikes, civil disturbances or for consequential loss or damage of any kind whatsoever.
- 12 Speakers agreed at time of print.

Cancellation of booking

- Written confirmation received 6 weeks prior to the conference will be accepted and a refund of 90% of the booking charge will be made. After this date, no refunds can be given. Verbal cancellations will not be accepted.
- If written cancellation is not received 6 weeks prior to the conference full payment will still be due irrespective of whether the delegate attends the conference.