



FACULTY OF EATING DISORDERS NEWSLETTER

IN THIS ISSUE:

- 1 Foreword from the Editor
- 2 Update from the Chair
- 4 Booking for the Annual Conference
- 4 Update to training placements
- 5 The Spring Conference and poster winners
- 6 Update from Academic Secretary
- 7 Thoughts from FED carer and patient reps
- 9 Reflections from bursary winner
- 10 Memories of Prof Chris Freeman
- 12 Executive committee list

Foreword from the editor

Dear Members,

I have taken over as editor from Sophie Tomlin. Thanks to Sophie for all your work for FED.

I hope you enjoy the newsletter. We have updates from the Chair and from the Academic Secretary and an overview of the Spring Conference. We also have thoughts from the Carer and Patient reps on the committee.

We are updating the training placements on the website, so please look out for information on how to update yours.

We also remember Prof Chris Freeman, who sadly died in August 2017.

We hope to see some of you for the Annual Conference in November!

Best wishes,

Dr Navjot Bedi, Consultant Psychiatrist and committee member

Update from the Chair: Dr Dasha Nicholls

The last days of summer warmth are receding and the evening air is crisp as I reflect on the strange year it has been politically and its effect on our everyday lives, personal and professional. We share the concerns of the college as a whole about the impact of Brexit on our workforce, current and future. Over the coming year we plan to take a more in depth look at the role of an ED psychiatrist and its implications for our workforce and training in the field.

For me, this year has also been marked by being part of the most incredible transformation of child and adolescent eating disorders services, being involved as I have in the national whole team training for children and young people's (CYP) community eating disorders (ED) services. The geographical disparity in services highlighted in ED Faculty report CR87 in 2001 and again in CR170 in 2012 may at last be a thing of the past for CYP. The challenge remains to achieve this for adult services, which have not been the beneficiaries of additional funding. Publication of the NICE guideline, work starting on the quality standards for adults ED outpatient services to compliment QED, and a proposed 'deep dive' within England into demand and capacity may all help move us in this direction. We know how much pressure adult community services are under, but we need data to drive change.

Which is why we were delighted to be joined by Professor Geraldine Strathdee, former National Clinical Director and now NHS Digital Strategic mental health adviser, NHS Improvement, and National Clinical Lead of the Mental Health Intelligence Network, at our Faculty strategy day in July. She outlined key factors to help increase political awareness about eating disorders and the role played by eating disorder psychiatrists:

Leaders: People who can mobilise. This includes service user leaders who can tell their story and explain what works. Dr Strathdee also underlined that, in order for there to be effective advocacy of mental health issues, professionals needed to work together in unity.

Data: The necessity of having data on incidence and prevalence. Dr Strathdee said that it is preferable to have this information for each local authority, CCG, and STP.

Dr Strathdee spoke about the role of joint strategic needs assessments and highlighted the 'Fingertips' Mental Health Intelligence Network. She suggested that the Faculty should advocate for the recognition of eating disorders in the Adult Psychiatry Morbidity Survey. Dr Strathdee also identified the importance of key items being included in the Mental Health Minimum Data Set.

Communications: Dr Strathdee suggested that there was a need to counter the belief that there are no effective interventions for the treatment of mental illness. She highlighted the power of telling people's stories and referred to the work that had been done to develop the NHS Choices website. She suggested that Exec members consider the different target

audiences they wish to reach, and question what they would want the general public to know about eating disorders.

Dr Strathdee left the Executive committee inspired and energised. The challenge we face is finding the capacity to move such an important and ambitious agenda forward alongside our every day jobs. In the coming months we need to look at how to share the load and focus our energy and resources.

At the same meeting we said goodbye and thank you to outgoing Executive committee members (in alphabetical order) Drs Joan Brunton, Izabela Jurewicz, Jessica Morgan, Helen Murphy, Caz Nahman, Sonu Sharma, Sophie Tomlin, and Irene Yi, and welcomed incoming members Stephen Anderson, Matthew Cahill, Kiran Chitale, Erica Cini and John Roche. We have also welcomed experts by experience Jasmin Marchant, service user, and Virginia Turbett, carer. We have too a new representative for Wales, Jacinta Tan, and for Northern Ireland, Heather Mills. Jane Morris has stayed on in the capacity of representative for Scotland. Finally, we have co-opted our ex Chair, Dr Paul Robinson, to help with dissemination of MARISPAN (he was after all responsible for the acronym!).

I will finish by urging you to come to the Faculty Conference on 3rd November. We have an excellent line up of speakers around the theme of Atypical Eating Disorders. We are particularly excited to welcome one of the most respected academics in the eating disorders field and in the field of global mental health, Professor Anne Becker of Harvard University. Many of you will know her seminal work on the island of Fiji where she was able to demonstrate the causal influence of television on body image dissatisfaction and ED psychopathology in young Fijian girls. She will be talking to us about cultural variants on ED presentation. It promises to be an amazing day and we hope you will join us for all the lecture, workshop and poster presentations. My thanks to Dr Ashish Kumar for curating this event.

As ever, do get in touch with ideas, questions or concerns and I hope you enjoy the rest of the newsletter.

Warm regards

Dasha

Booking for the November Conference

The faculty of Eating Disorders annual conference takes place on 3 November 2017 at RCPsych, 21 Prescott Street.

The programme is available for download here

<http://www.rcpsych.ac.uk/pdf/ED%202017%20Programme%20Version%205.pdf>

You can [register your place online](#) or by completing and returning a copy of the [registration form](#)

Or, alternatively, use the link below to access the programme, and booking details

<http://www.rcpsych.ac.uk/traininpsychiatry/conferencetraining/conferences/eatingdisorders/eatingdisorders2017.aspx>

We look forward to seeing you there!

Bursaries available

Bursaries for trainees and medical students are still available for this conference! Please encourage yours to apply. They can do this by sending a letter and a brief CV to the college secretary. Details of how to do this are on the Faculty of Eating Disorders Website, under ED Faculty Training.

<http://www.rcpsych.ac.uk/college/sections/eatingdisorders.aspx>

Updating the website training placements

The training placement page on the FED website is somewhat out of date. The Website team (Navjot Bedi and Andrea Brown) are trying to update the page. Please help!

Does your service offer a training placement? Would you like it to be listed on the FED website?

If so, please let us know using the form on the website

<http://www.rcpsych.ac.uk/workinpsychiatry/faculties/eatingdisorders/edfacultytraining.aspx>

The Spring Conference

This year saw the resurrection of the Faculty of Eating Disorders Spring Conference on 12 May at Alder Hey Children's Hospital, Liverpool. Over 70 delegates attended to hear talks on 'Decision Making in the Treatment of Complex Eating Disorders' and there was a compassionate and pragmatic exploration of the dilemmas these cases can present.

Morning speakers included Dr Jacinta Tan, Dr Mark Berlowitz and Dr Frances Conan. We also had the benefit of the experience of paediatrician, Dr Simon Chapman, on the organic complexities of ED. The afternoon offered a choice of workshops, facilitated by Dr Isabella Jurewicz, Mr Andrew Radford, Dr Sandeep Ranote, Dr Jessica Morgan and Dr Ashish Kumar.



With a tasty lunch and plenty of opportunity to catch up with national colleagues over coffee, the Conference was indeed a success. Our thanks go to Dr Ashish Kumar and Dr Irene Yi for organising this event, and to Dr Dasha Nicholls for Chairing



Spring Conference 2017 Poster Prize Winners



Winner: Dr Esme O'Loughlin & Dr Sophie Emsih. Body Dysmorphic Disorder: This is a man's world

Runner up: Dr Jennifer Parker. All the world's a stage.....Teaching medical students about eating disorders using role play.

Highly commended: Ms Eleanor Reynolds. Is ECT of value in the management of patients with anorexia nervosa? A review of published cases.

Update on the Academic Activities of the Faculty of Eating Disorders from Dr Ashish Kumar Consultant Psychiatrist and Academic Secretary



By the time you read this update, we will be very close to welcoming you all to our annual ED Faculty conference on 3 November 2017 in London. This year our annual conference is focussed on the latest evidence on assessment and management of Atypical Eating Disorders. As always, we decide the theme of our academic programme based on the feed-back we receive from our delegates, hence this programme is for you. We are going to have exciting talks on this complex topic of Atypical Eating Disorders from a number of eminent speakers led by our keynote speaker Professor Anne Becker from

Harvard Medical School. The atypicality of Eating Disorders is caused by a number of factors including Neurodevelopmental Conditions (e.g. Comorbid ASD), complex physical health conditions (e.g. Diabetes, IBS), dependency on substances and food choices among many others. Our eminent speakers are going to tackle this complex topic and answer your questions too, so do join us on this exciting day. We are also offering a £250.00 prize to the best poster entry on the day and also a number of bursaries to medical students, FT, CT and ST trainee Psychiatrists with interest in the field of Eating Disorders to attend our annual conference on 3 November 2017. So, hurry and send your entries for the bursaries soon.

It will also be very important to share with you the enthusiasm and excitement with which the delegates and colleagues welcomed us at our Spring Conference at Alder Hey Children's Hospital at Liverpool on 12 May 2017. We at the faculty also felt energised to come out of London for our academic meeting. The Spring Conference was focussed on Management of Complex Eating disorders and our speakers talked about the staging model of care, legal framework of treatment, humanity and compassion in treatment of ED, Organic Complexities, service user involvement and use of mental health act in different age groups. We had some very exciting poster entries and we awarded three very deserving winners.

We now look forward to our spring conference in Cardiff in 2018. I would encourage you to attend and request you to please encourage medical students and trainee Psychiatrists to apply for our ED faculty bursaries. Our aim is to raise awareness about Eating Disorders among wider society and also among medical and allied professionals and encourage them to train in the field of Eating Disorders. This will help us to have highly trained clinicians to deliver high quality of care to patients with Eating Disorders.

Thoughts from FED Carer and Patient Representatives

The Faculty now has two carer representatives and one patient representative. They bring a wealth of knowledge and experience to the committee. We hear their views on their roles.



Veronica Kammerling – carer rep since 2015

I applied to join the Eating Disorders Faculty because my experience of the RCPsych is that it is an organisation open and receptive to feedback of psychiatric services and I hope my experience can be constructive in thinking about how these services are perceived and received by carers and service users.

I have 16 years' experience as a carer engaging with children's and adult's services, local and national specialist clinics and long term psychiatric inpatient services. Despite many challenges, I remain optimistic that by working together, psychiatric services can, and do, work. I think it is crucial to talk about problematic issues and that dialogue with those delivering mental health care is fundamental to enable those receiving it to get the best outcome.

In common with many other carers of people with psychiatric health issues, I have had to navigate a system that is complicated and under resourced. I believe that all experience can be turned into a positive and to use it to help inform and improve services is the best use of the skills I've had to acquire. I sit on two committees at the Partnership Trust and advocate for MH service users locally. I hope that bringing local experience to the Eating Disorder Executive, and vice versa, can be a useful contribution to planning the services available to service users and carers.

It was a pleasure to recently contribute to the transition document as I feel strongly about the need to get this right as getting it wrong can be catastrophic. I am also concerned about access to education in in-patient units for young people who have often been out of school for years and that often at the heart of problems that arise between professionals and service users is communication and language. Easy to get wrong and costs nothing to get right. I am also involved, locally, in the Triangle of Care initiative which looks at the support and information available to carers in both inpatient and out patient services.

Virginia Turbett – Carer rep since 2017

I am the mother of three children a son and two daughters and both my daughters had an eating disorder. One was anorexic and the other was bulimic/binge eater and both are now in good recovery. To get to this point has taken many years of caring by me, on what seemed like a roller coaster of emotions, coupled with a lack of information and sometimes difficulty in communicating with the services, which all left me feeling exhausted and depressed.



With these experiences in mind and following on from my daughters' recovery, I started my own organisation which is about seeing that carers are better supported and recognised by the services for the vital role that they play. For the last sixteen years I have been working with carers, service users and professionals to achieve just that in a variety of different ways.

I was very pleased to be invited onto the Eating Disorder Faculty Executive and my work here is to see that the needs of carers are included in the work of the Exec. This is either through my personal experience and/or through my work in eating disorders. Whilst on the Exec I have been involved in writing a chapter for the resource "New to Eating Disorders" and I am part of a group looking at "IP Treatment C170".

Carers should be part of a collaborative care approach which is something that can aid recovery, reference "The Triangle of Care". As a member of the Eating Disorders Faculty Executive I hope that I will be able to ensure that Carers voices are heard.

Jasmine Marchant – patient rep since 2017



Being involved as a committee member gives me the opportunity to work with the RCPsych ED Faculty to support the development of projects produced across the committee.

As a patient representative, I hope to enrich the work of the Faculty of Eating Disorders by offering a unique perspective from my own experiences as a service user. Meeting with other patient/ carer representatives, psychiatrists, and other professionals gives you the space to directly influence discussions and policy development in psychiatry and mental health services. As well as meetings, communication over emails ensures that members are in regular communication and keep progressing their ideas together, allowing projects to be worked on between meetings. In addition to contributing in meetings, representatives are able to become involved in specific projects, such as the education of medical students, patient and public involvement, as well as media work. The scope of different work makes the role dynamic and flexible. In addition, I am given opportunities to appraise reports evidencing

outputs, outcomes and guidelines for the management of eating disorders. Here, I am able to provide a patient's perspective and expertise, which is incredibly important for me, because it is ultimately the patient who will be affected by these projects, tools and services. The committee enables me to use my own knowledge and experience to inform and feedback on projects which have a common goal - to work towards improving mental health services through effective policy making, information and initiatives. I am looking forward to being a part of this over the next three years. It feels very profound to be able to use my own lived experience to help influence such projects, in a positive and proactive way.

Reflections from bursary student: Victoria Cowell

I was very grateful to receive a bursary to attend the Eating Disorders Annual Conference in 2016



as I have always had an interest in eating disorders since working as a clinical support worker. However, I had never had the chance to attend an event of this kind and so looked forward to learning more about the role and challenges faced by psychiatrists within the field.

As a final year medical student, the inspiring talk by Dr Elizabeth McNaught resonated strongly with me. She spoke with real honesty about her experiences as a service user and also about the vital importance of educating medical students on these issues so that they are better equipped to recognise and help patients with eating disorders

when they encounter them in future practice.

I also enjoyed the thought provoking presentation by Professor Roz Shafran. She discussed the complex interaction between perfectionism, OCD and anxiety, and how they can often fuel each other when striving hard to achieve goals. In a world where so much is driven towards perfectionism, it was refreshing to hear about promoting a more healthy way to work towards high standards and how this was beneficial for people whose efforts to meet unrealistic goals had become counterproductive and crippling.

In the breaks I had a chance to read the various poster presentations and was particularly interested in a study which had focused on male body image and self-esteem, and how this can be influenced by male role models in the media. I had never really stopped to consider in depth the pressures and expectations faced by males in this digital age, and it certainly challenged my views on who is typically affected by eating disorders.

I thoroughly enjoyed my day at the conference and I left feeling inspired and with much food for thought. It was clear from the healthy debate on the day that psychiatry and eating disorders is pretty unique in that every case really is different and there is no set formula; what works for one patient may not work for another. This is just one of many reasons why I feel now, more than ever, that psychiatry will be the career path best suited to me.

Memories of Chris Freeman

Professor Christopher L Freeman died in August 2107. Here, Dr Jane Morris remembers the man and his achievements.



Chris Freeman was born and brought up in York, where he particularly hero-worshipped his father. He was one of two children but sadly lost his younger sister to asthma. He was open about his own life and experiences and warmly curious about other people - colleagues, patients or others.

He originally came up to Edinburgh University to read Veterinary Medicine, but could not identify with the 'tweed-jacketed' fellow vet students and switched to medicine, and particularly Psychiatry. However, he surrounded himself with animals all his life. He had a special propensity to adopt abandoned, damaged or sick animals. Despite a tolerant and positive attitude to disturbed people, he was unable to tolerate the notion of anyone who was cruel to animals. His generosity characterised his professional practice

too – he gathered around himself a staff group including many of us who had unusual career paths, medical or mental health problems of our own, or family commitments preventing us from working fulltime. He enjoyed a thoroughly multidisciplinary environment and was extraordinarily successful in forming loyal and enthusiastic teams which transcended the common professional rivalries of those days.

As a young psychiatrist, Chris won awards such as the 1979 Royal College of Psychiatrists Gaskell Gold Medal for research, published extensively, and appeared on TV for the Open University discussing ECT – one of his lifelong specialties. The field of Eating Disorders was only one of his many interests, but it was one he particularly relished because it exercised his medical, pharmacological and psychosocial virtuosity all at the same time. He was fascinated by Borderline Personality Disorder, which he insisted on calling 'Borderline Disorder' as he believed it was not a lasting personality diagnosis. In 1984 he was appointed as the first Consultant Psychotherapist in cognitive behavioural psychotherapy in Scotland having trained in Philadelphia with Tim Beck. In 1989 he set up the Cullen Centre (named

after William Cullen the Edinburgh Physician who first coined the term neurosis) and this became a nationally recognised centre for training and teaching in psychotherapies.

The Centre provided outpatient treatment for people with Eating Disorders (who had previously been routinely admitted to hospital wards) but was also a service offering new structured psychological therapies to people with OCD, trauma, and a range of other difficulties. At this time, he also set up SEDIG (the Scottish Eating Disorders Interest Group) and was its first chair. This unique group united clinicians of all professions with former patients and carers, and has continued to meet to the present day. In 2005 Chris and Aberdeen's Harry Millar co-chaired the QIS Recommendations on the management of Guidelines on eating disorders. These became the accepted standards of care for eating disorders nationally in Scotland.

By this time he had already established a local cognitive therapy training programme together with Professor Ivy Blackburn. When Ivy Blackburn left, Kate Davidson joined the project and they developed the South of Scotland CBT course as a two year Diploma course affiliated to Queen Margaret University. The Course was incredibly popular with trainees, and even more so with the teachers and supervisors involved, for whom Chris organised annual 'winter retreats' in the Highlands.

Not content with a single model of Psychological Therapy, Chris trained in Canada in IPT, the Interpersonal Psychotherapy model of Klerman and Weissman, and delivered IPT training in Edinburgh and elsewhere, as well as conducting a head to head research trial of CBT versus IPT for depressed patients in Primary Care. He also fostered practice in Cognitive Analytic Therapy (CAT) and Dialectical Behavioural Therapy (DBT), and explored several other therapies without always introducing them into our service.

The Lockerbie Disaster sparked another new interest for Chris, and in 1997 he set up the first Scottish specialist treatment centre for traumatic stress in Edinburgh. The Rivers Centre was named after W H R Rivers the Psychiatrist who worked at Craiglockhart Hospital in World War I and treated Siegfried Sassoon and Wilfred Owen. Chris had discovered their original medical records in a disused storeroom and become fascinated by their story. He arranged a premier of the film 'Regeneration' as a launch of the Rivers Centre. He remained active in Trauma work into his retirement as a founding president of UKPTS (United Kingdom Psychological Trauma Society).

Chris will be remembered as a charismatic presenter, capable of improvising impressive performances at the drop of a hat. He was an excellent teacher in workshop formats. As a supervisor and mentor – or simply a brilliant conversationalist – he was inspiring, although not entirely reliable. Senior trainees would sometimes find he had triple-booked. A patient would appear for their appointment at the same time as the booked supervision, only for the secretary to reveal that Chris was presenting in Australia. The patient was invariably a most interesting person. Some of the best teaching happened when we would gather as a small group in the Victorian villa that the Cullen Centre occupied in Morningside on Wednesday evenings over pizza, to discuss different models of psychotherapy and ethical conundrums.

Faculty of Eating Disorders Executive Committee

Member	Year of Joining	Position
Dr Dasha Nicholls	2015 (E)	Chair
Dr Agnes Ayton	2015 (E)	Vice Chair
Dr Navjot Bedi	2015 (E)	Committee Member
Dr Mark Berelowitz	2015 (E)	Committee Member
Dr Andrea Brown	2015 (E)	Acting Financial Officer
Dr William Jones	2015 (E)	Committee Member
Mrs Veronica Kamerling	2015 (C)	Committee Member
Dr Ashish Kumar	2015 (E)	Committee Member
Dr Paul Robinson	2017 (C)	Committee Member
Dr Andrew Radford	2016 (C)	Committee Member
Dr Sandeep Ranote	2015 (E)	Committee Member
Dr Mima Simic	2015 (E)	Committee Member
Dr John Carroll	2015 (C)	Committee Member
Dr Jane Whittaker	2015 (E)	Committee Member
Miss Jasmin Marchant	2017 (C)	Committee Member
Ms Virginia Turbett	2017 (C)	Committee Member
Dr Jane Morris	2015 (C)	Representative for Scotland
Dr Kiran Chitale	2017 (E)	Committee Member
Dr Matthew Cahill	2017 (E)	Committee Member
Dr Stephen Anderson	2017 (E)	Committee Member
Dr Erica Cini	2017 (E)	Committee Member
Dr John Roche	2017 (E)	Committee Member
Dr Heather Mills	2017 (C)	Representative for Northern Ireland
Dr Jacinta Tan	2017 (C)	Representative for Wales