



# **Faculty of Eating Disorders Psychiatry Conference 2022**

**“Treatment pathways, new research and  
interventions in eating disorders”**

**Thursday 3- Friday 4 November 2022**

# Useful Information

## Registration

Please register from 8.30am ready for a prompt start at 09:00

## Accreditation

This conference is eligible for up to 6 CPD points, subject to peer group approval.

## Certificates of attendance

Certificates of attendance will be emailed to delegates within one week of the conference.

## Speaker presentations

Presentations will be available online within one week of the conference, for up to two months. All delegates will be sent details of this after the conference. Please be aware that these presentations are kindly provided by the speakers but on some occasions, it is not possible to make these publicly available.

## Social Media

If you wish to tweet about the conference please use #FEDRCPsych22 @rcpsychEDFac.

## Posters

The poster exhibition can be accessed via the event platform.

## Feedback

We would appreciate your feedback:

[Thursday feedback form](#)

[Friday feedback form](#)

All comments received remain confidential and are viewed in an effort to improve future meetings.

# Conference Programme

All sessions take place in Rm 1.7

**Thursday 3 November 2022**

<b>8.30am – 9.00am</b>	<b>Registration, refreshments, and poster viewing</b>
<b>9.00am – 11.00am</b>	<b>Plenary Session 1</b> Chair: Dr Agnes Ayton Chair of Faculty of Eating Disorders, Royal College of Psychiatrists, London and Consultant Psychiatrist and Honorary Senior Lecturer, University of Oxford, Cotswold House, Oxford
<b>9.00am – 9.10am</b>	<b>Welcome and introduction</b> Dr Agnes Ayton
<b>9.10am – 9.20am</b>	<b>Pilot of a Credential in Eating Disorders Psychiatry</b> Professor Wendy Burn CBE National Mental Health Clinical Advisor, Health Education England, Immediate Past President, The Royal College of Psychiatrists.
<b>9.20am – 10.00am</b>	<b>Keynote: Rebooting the eating disorder services</b> Professor Janet Treasure OBE Professor of Psychiatry at Institute of Psychiatry, Psychology and Neuroscience (IoPPN), Kings College, London
<b>10.00am – 10.40am</b>	<b>The psychological and behavioral adaptation to starvation triggered by hypoleptinemia - therapeutic implications for anorexia nervosa</b> Professor Johannes Hebebrand Department of Psychiatry, Psychosomatics and Psychotherapy of Childhood and Adolescence, Institute of the University of Duisburg-Essen, Germany
<b>10.40am – 11.00am</b>	<b>Questions and panel discussion: speakers and chair</b>
<b>11.00am – 11.20am</b>	<b>Refreshments and poster viewing</b>

<p><b>11.20am – 12.15pm</b></p>	<p><b>Plenary Session 2</b></p> <p>Chair: Dr Phil Crockett</p> <p>Consultant Psychiatrist in Psychotherapy and Eating Disorders and Chair, Scottish Faculty of the Eating Disorders, RCPsych</p>
<p><b>11.20am – 12.00pm</b></p>	<p><b>“Give PEACE a chance” - Autism and eating disorder clinical pathway</b></p> <p>Professor Kate Tchanturia, PhD, DCPsych, FBPS, FAED, FHEA</p> <p>Professor, Institute of Psychiatry, Psychology and Neuroscience (IoPPN), King’s College London</p>
<p><b>12.00pm – 12.15pm</b></p>	<p><b>Questions</b></p>
<p><b>12.15pm – 1.00pm</b></p>	<p><b>Lunch, networking, poster and exhibition viewing</b></p>
<p><b>12.15pm – 1.00pm</b></p>	<p><b>Faculty of Eating Disorders Psychiatry AGM</b></p>
<p><b>1.00pm – 2.40pm</b></p>	<p><b>Plenary Session 3</b></p> <p>Chair: Dr Helen Bould</p> <p>Consultant Psychiatrist and Senior Lecturer in Child and Adolescent Psychiatry, University of Bristol</p>
<p><b>1.00pm – 1.40pm</b></p>	<p><b>Intensive enhanced cognitive behaviour therapy for anorexia nervosa for adolescents</b></p> <p>Dr Riccardo Dale Grave</p> <p>Head of the Department of Eating and Weight Disorders - Villa Garda Hospital, Garda (VR), Italy</p>

<p><b>1.40pm – 2.20pm</b></p>	<p><b>How can we help patients achieve and maintain good outcomes after inpatient treatment? The advantages of integrating CBTE throughout the care pathway</b></p> <p>Dr Agnes Ayton  Chair, Faculty of Eating Disorders, Royal College of Psychiatrists, London and Consultant Psychiatrist and Honorary Senior Lecturer, University of Oxford, Cotswold House, Oxford</p>
<p><b>2.20pm – 2.40pm</b></p>	<p><b>Questions</b></p>
<p><b>2.40pm – 3.00pm</b></p>	<p><b>Refreshments and poster viewing</b></p>
<p><b>3.00pm – 5.00pm</b></p>	<p><b>Plenary Session 4</b></p> <p>Chair: Dr Ashish Kumar  Vice Chair, Faculty of Eating Disorders, Royal College of Psychiatrists, Clinical Director, Child and Adolescent Mental Health Services, Mersey Care NHS Foundation Trust and Consultant Psychiatrist and Clinical Lead for Eating Disorder Services for Children and Young People, Mersey Care NHS Foundation Trust</p>
<p><b>3.00pm – 3.35pm</b></p>	<p><b>Interventions for management of risks and suicidality in eating disorders</b></p> <p>Dr Mima Simic  Joint Head of the National and Specialist Child and Adolescent Eating Disorder Service, South London and Maudsley NHS Foundation Trust, Consultant Psychiatrist</p>
<p><b>3.35pm – 3.50pm</b></p>	<p><b>Questions</b></p>

<b>3.50pm – 4.35pm</b>	<b>Learning from Regulation 28 Coroner’s Reports about eating disorder patients: What patients and carers need from NHS services?</b> Mr James Downs, Patient’s Representative, RCPsych Suzanne Baker, Carer’s Representative, RCPsych Helen Missen, Carer’s Representative, RCPsych Nic Hart, Averil’s dad
<b>4.35pm – 5.00pm</b>	<b>Panel discussion and reflections on the day</b> Chair and panel members
<b>5.00pm</b>	<b>Close</b>

## Friday 4 November 2022

All sessions will take place in Rm 1.7

<b>8.30am –9.00am</b>	<b>Registration, refreshments, and poster viewing</b>
<b>9.00am –11.25am</b>	<b>Plenary Session 5</b> Chair: Dr Ashish Kumar Vice Chair, Faculty of Eating Disorders, Royal College of Psychiatrists, Clinical Director, Child and Adolescent Mental Health Services, Mersey Care NHS Foundation Trust and Consultant Psychiatrist and Clinical Lead for Eating Disorder Services for Children and Young People, Mersey Care NHS Foundation Trust
<b>9.00am –9.15am</b>	<b>Welcome and introduction</b> Dr Ashish Kumar
<b>9.15am –9.40am</b>	<b>Message from the President: way forward for eating disorder services for patients, carers and professionals</b> - <i>(recorded presentation)</i> Dr Adrian James President of the Royal College of Psychiatrists

9.40am-10.20am	<p><b>Keynote: New developments in early interventions in eating disorders</b></p> <p>Professor Ulrike Schmidt          Professor of Psychiatry and Head of Eating Disorder Section at Institute of Psychiatry, Psychology and Neuroscience (IoPPN), Kings College, London and Consultant Psychiatrist, South London and Maudsley NHS Foundation Trust</p>
10.20am-11.00am	<p><b>Is Reflective Function a useful therapeutic target for treatment of young people with eating disorders?</b></p> <p>Dr Dasha Nicholls          Clinical Reader in Child Psychiatry, Imperial College, London</p>
11.00am – 11.25am	<p><b>Questions and panel discussion</b></p>
11.25am – 11.45am	<p><b>Refreshments and poster viewing</b></p>
11.45am -12.40pm	<p><b>Plenary Session 6</b></p> <p>Chair: Dr Agnes Ayton          Chair, Faculty of Eating Disorders, Royal College of Psychiatrists, London and Consultant Psychiatrist and Honorary Senior Lecturer, University of Oxford, Cotswold House, Oxford</p>
11.45am –12.25pm	<p><b>Keynote: Purging disorder: recent advances and future challenges</b></p> <p>Professor Pamela Keel          Distinguished Research Professor, Florida State University</p>
12.25pm-12.40pm	<p><b>Questions</b></p>
12.40pm – 1.30pm	<p><b>Lunch, poster and exhibition viewing</b></p>
12.40pm – 1.30pm	<p><b>Group meeting of eating disorders credential pilot trainees, trainers and programme leads</b></p>

<b>1.30pm – 3.05pm</b>	<p><b>Plenary Session 7</b></p> <p>Chair: Dr Rachel Elvins Consultant Child and Adolescent Psychiatrist, Galaxy House Eating Disorder Service, Manchester and Training Programme Director, HEE</p> <p>Chair: Dr Isabela Jurewicz Consultant Psychiatrist, The Service for High-risk Eating Disorders (SHED), Cardiff and Vale University Health Board</p>
<b>1.30pm – 2.05pm</b>	<p><b>Family therapy and multi-family therapy for anorexia nervosa: knowns and unknowns</b></p> <p>Professor Ivan Eisler, OBE, PhD Emeritus Professor King's College London, Joint Head, Maudsley Centre for Child and Adolescent Eating Disorders, South London and Maudsley NHS Foundation Trust</p>
<b>2.05pm – 2.45pm</b>	<p><b>What common genetic variants can tell us about anorexia nervosa and binge eating?</b></p> <p>Dr Jonathan Coleman Lecturer in Statistical Genetics, Social, Genetic and Developmental Psychiatry Centre, Institute of Psychiatry, Psychology and Neuroscience at King's College London</p>
<b>2.45pm – 3.05pm</b>	<b>Questions</b>
<b>3.05pm – 3.25pm</b>	<b>Refreshments and poster viewing</b>
<b>3.25pm – 5.00pm</b>	<b>Plenary Session 8</b>



	<p>Chair: Dr Victoria Chapman          Consultant Child and Adolescent Psychiatrist and Service Line Lead, Royal Free Children and Young People's Eating Disorders Service, London</p> <p>Chair: Dr Lisa Mukherjee          Consultant Child and Adolescent Psychiatrist, Eating and Feeding Disorder Service, Great Ormond Street Children's Hospital, London</p>
<p><b>3.25pm – 4.00pm</b></p>	<p><b>Update of the World Federation of Societies of Biological Psychiatry (WFSBP) guidelines for the pharmacological treatment of eating disorders</b></p> <p>Dr Hubertus Himmerich          Senior Clinical Lecturer, Institute of Psychiatry, Psychology and Neuroscience (IoPPN), King's College London</p>
	<p><b>Research Updates</b></p>
<p><b>4.00pm – 4.20pm</b></p>	<p><b>Implementation research- TRIANGLE intervention for children, young people, and parents: experience so far</b></p> <p>Dr Ashish Kumar          Vice Chair, Faculty of Eating Disorders, Royal College of Psychiatrists, Clinical Director, Child and Adolescent Mental Health Services, Mersey Care NHS Foundation Trust</p>
<p><b>4.20pm – 4.35pm</b></p>	<p><b>Can gut microbial diversity predict the prognosis of anorexia nervosa?</b></p> <p>Dr Passent Helal          ST4 CAMHS Trainee, Cambridge Training Scheme</p>

4.35pm – 5.00pm	<b>Research bursaries winners, annual essay prize winners, poster prize announcement, panel discussion and reflections on the day's sessions</b> Chair and Vice Chair of the Faculty of Eating Disorders Psychiatry and speakers
5.00pm	<b>Conference Closed</b>

*At the time of printing all information is accurate. We cannot be held responsible for any subsequent changes in the final programme.*

## **Exhibition**

An exhibition including posters is available throughout the conference. The Royal College of Psychiatrists would like to thank the following company for their valuable support of this conference:

Orri-UK  
Specialist Day Treatment for Eating Disorders Clinic

The presence of an exhibitor is not an endorsement of its products and exhibitors do not influence the content of the meeting.

# Speaker biographies and abstracts

**Thursday 3 November 2022**

**09.00am**

## **Welcome and Introduction**

Dr Jo O'Reilly

**Biography:** *Will be published here once available*

**09.10am**

## **Pan-age credentialing pilot in eating disorders: message from HEE**

Professor Wendy Burn CBE

### **Biography:**

**Professor Wendy Burn** was appointed as a Consultant Old Age Psychiatrist in Leeds in 1990 and now works part-time in the memory service. She is also the National Mental Health Clinical Advisor to Health Education England.

She has been involved in the organisation and delivery of postgraduate training since she started as a consultant. She set up the Yorkshire School of Psychiatry and was the first Head of School.

She was Dean of the Royal College of Psychiatrists (RCPsych) from 2011 to 2016 and President from 2017 to 2020. She Co-chaired the RCPsych Gatsby Wellcome Neuroscience Project which focused on modernising the neuroscience taught to psychiatric trainees from 2016 to 2021.

She is currently Chair of the Clinical group of Equally Well, Chair of the Public Engagement Editorial Board at RCPsych and leads the Expert Group on COVID-19 Care for People with Mental Illness for the World Psychiatric Association.

### **Abstract:**

The Royal College of Psychiatrists and Health Education England are piloting a Credential in Eating Disorders Psychiatry. I will describe how this has been set up and the plans for future development.

**09.20am**

## **Keynote: rebooting the eating disorder services**

Professor Janet Treasure OBE

### **Biography:**

**Professor Janet Treasure** is a Professor at King's College London and a Consultant Psychiatrist at the South London and Maudsley NHS Foundation Trust. A key focus of her research has been working with people with lived experience of an eating disorder (patients and carers) to co design and codevelop and co deliver new treatments with a particular focus on people with a severe enduring illness or

comorbidities such as diabetes. She has had a particular interest in the biological, psychological and social risk and maintaining factors.

**Abstract:**

Over the last 50 years the field of eating disorders has seen an increase in new forms of presentations of these problems, some of which have reached the status of being accepted in diagnostic guidelines whereas others are waiting on the side-lines. The biopsychosocial understanding of these problems has revealed complex interactions. The genetic findings relating to anorexia nervosa have exposed a metabolic vulnerability whereas the emerging findings for binge eating disorders have found contrasting metabolic and psychological vulnerabilities. Biomarker studies have also shown diversity in the secondary adaptations to under or over nutrition. Early intervention to prevent secondary maintaining factors taking a hold is an essential principle for all eating disorders. However, there is also a need to find new treatments for those with more complex presentations. The COVID epidemic has led to a rapid increase in demand, in the context of restriction of many services. At the same time there have been changes in the commissioning and potential forms of delivery of services. All of these factors suggest that we may need to reboot our services.

**10.00am**

**The psychological and behavioural adaptation to starvation triggered by hypoleptinemia- therapeutic implications for anorexia nervosa**

Professor Johannes Hebebrand

**Biography:** Johannes Hebebrand is Head of the Department of Child and Adolescent Psychiatry of the University of Duisburg-Essen. His major research areas include genetics of obesity and eating disorders, assessment of sex, age and height adjusted weight, and the regulation of leptin in AN. His first study to assess serum leptin levels in AN dates back to 1995; subsequent research supported the role of leptin in amenorrhea. He proved that exogenous application of leptin to the best known rat model for AN (anorexia based activity) prevents the development of hyperactivity upon food restriction, leading him to argue that the DSM-IV term "refusal to maintain body weight at or above minimally normal weight for height/age" is a misnomer. Prior to conducting the first off-label treatment of patients with AN the underlying hypothesis was generated in 2000 and was continuously subjected to fine-tuning. > 600 publications listed in PubMed; Google-Scholar H-Index: 108. Editor-in-Chief of European Child and Adolescent Psychiatry

**Abstract:** The symptomatology of anorexia nervosa (AN) is intertwined with that of starvation. The key hormone to trigger the adaptation to starvation is leptin, which is mainly synthesized in adipocytes. Serum leptin levels are correlated with BMI; hypoleptinemia characterizes patients with acute AN. Weight loss entails a drop in leptin secretion into the blood stream, which allows for a graded adaptation to starvation in the periphery and the CNS. Alleviation of hypoleptinemia via off-label subcutaneous application of human recombinant leptin (metreleptin) has been

shown to lead to marked improvements of starvation related mental symptoms in a series of case reports. In particular, the preoccupation with food diminished and depression improved. Hunger and appetite increased in single patients. A randomized controlled trial is required to generate evidence including safety data; it is hoped that the suffering of patients can be reduced via this novel treatment. Systematic studies are required to assess medium and long term implications for body weight regulation in patients with AN.

**11.25am**

**Plenary session two**

Chair: Dr Phil Crockett

**Biography:** *Will be published here once available*

**11.25am**

**“Give PEACE a chance”- Autism and eating disorder clinical pathway**

Professor Kate Tchanturia

**Biography:** *Will be published here once available*

**Abstract:** *Will be published here once available*

**1.00pm**

**Plenary session three**

Chair: Dr Helen Bould

**Biography:** *Will be published here once available*

**1.00pm**

**Intensive enhanced cognitive behaviour therapy for anorexia nervosa for adolescents**

Dr Riccardo Dalle Grave

**Biography:**

**Dr. Riccardo Dalle Grave** is director of the Department of Eating and Weight Disorders at Villa Garda Hospital (Garda, VR, Italy). In this department, he developed an original treatment for the eating disorder based entirely on the enhanced

cognitive behavior therapy (CBT-E), the adaptation of outpatient CBT-E for adolescents with eating disorders, and the personalized cognitive behavior therapy for obesity (CBT-OB). He is the author of 175 peer review articles, several book chapters, and books, including the two recent books “Cognitive behavior therapy for adolescents with eating disorders (Guilford Press, 2020)” and “Cognitive behaviour therapy for eating disorders in young people: A parents' guide” (Routledge, 2022).

### **Abstract:**

Intensive enhanced cognitive behaviour therapy (ICBT-E) is a novel approach indicated for eating disorder patients having difficulty modifying their eating habits in response to conventional outpatient CBT-E. The most distinctive feature of this approach—a unique example in the field of psychological treatment of eating disorders for adolescents—is that the same theory and similar strategies and procedures applied in outpatient treatment are also used in the intensive levels of care. With this approach, adolescent patients who do not respond to outpatient CBT-E can be helped to overcome their eating disorder with intensive outpatient CBT-E, where assisted meals are used as an adjunct to individual CBT-E sessions, or with inpatient CBT-E, if they have physical and/or psychological conditions that indicate the need for hospitalization. Finally, after inpatient CBT-E, patients complete their treatment pathway with post-inpatient outpatient CBT-E. A cross-level clinical service based on CBT-E has two main advantages. Firstly, patients are treated with a single, well-delivered, evidence-based treatment rather than the unscientific eclectic approach common elsewhere. Secondly, it minimizes the problems associated with transitions from outpatient to intensive treatment, as it avoids subjecting patients to the confusing and counterproductive changes in the therapeutic approach that commonly accompany such transitions. In this presentation, the treatment programme will be described, together with data on its effectiveness.

### References

Dalle Grave, R., & Calugi, S. (2020). Cognitive behavior therapy for adolescents with eating disorders. New York: Guilford Press.

**1.35pm**

### **CBT and evidence for improving outcomes of inpatient treatment in eating disorders: the way forward**

Dr Agnes Ayton

### **Biography:**

**Dr Agnes Ayton** is the Chair of the Faculty of Eating Disorders and consultant eating disorder psychiatrist in Oxford Health NHS Foundation Trust, and Honorary Senior Lecturer at the University of Oxford. She was the Vice Chair between 2015-19.

Dr Ayton has a longstanding commitment to improving patient safety and quality of care, and has published on these topics, more recently, the MEED guidelines. She is working with HEE and the RCPsych to develop the pilot credentialing programme. She also worked with the RCPsych media department, supporting their campaign against mental health cuts, and raising awareness of eating disorders.

**Abstract:**

Adults with anorexia nervosa who require inpatient treatment often have poor outcomes. The risk of relapse is highest in the first sixty to ninety days after discharge, resulting in frequent readmissions at a high cost and with much suffering. More effective treatment models are much needed.

The goal of this study was to compare a recently implemented Integrated Cognitive Behavioural Therapy (I-CBTE) in Oxford, which was adapted from a model first developed by Dalle Grave, to alternative inpatient treatment programmes in the UK. I-CBTE is a novel approach that combines a 13-week time limited, planned admission with the goal of full weight restoration, 7-weeks of day treatment, and ongoing CBTE across the care pathway. In routine practice, treatment as usual includes an eclectic multidisciplinary approach that is frequently unplanned and poorly coordinated across the care pathway.

We systematically analysed routinely collected data for patients admitted to 15 specialist units from a population of 3.5 million in England between 2017 and 2020. We compared outcomes from admission to discharge as well as one year later. At one year after discharge from the hospital, 70% of patients who received I-CBTE maintained good outcomes, including a healthy weight, compared to less than 5% of those who participated in alternative programmes that resulted in partial weight restoration. The rates of readmission were 14.3% and 50%, respectively. Partial weight restoration resulted in high readmission rates and should thus be avoided. Stepwise linear regression showed that the main significant predictors of outcome were discharge BMI, I-CBTE and voluntary treatment, rather than age, admission BMI, length of stay, or psychiatric comorbidities.

Our findings replicate Dalle Grave's results, and show that the continuity and consistency of the I-CBTE approach are critical for maintaining good outcomes. The dissemination of I-CBTE in the NHS has the potential to improve the effectiveness of inpatient care for this high-risk patient population and reduce individual and societal costs. We discuss challenges to implementation and further research.

**3.00pm****Interventions for management of risks and suicidality in eating disorders**

Dr Mima Simic

**Biography:**

**Dr Mima Simic**, MSc, MD, MRCPsych is joint Head of the Maudsley Centre for Child and Adolescent Eating Disorder (MCCAED), London, UK since 2001 and Consultant Child and Adolescent Psychiatrist. She was Consultant to the Adolescent DBT team at the Maudsley Hospital, London, UK from 2009-2018. In 2010, she led the development of the novel Intensive day Treatment Program (ITP) that offers an integrative treatment approach combining RO Dialectical Behavior Therapy with family therapy and multi-family therapy. She authored books that clinicians can use as treatment manuals: *Cutting Down: An Evidenced-based CBT Workbook for Treating Young People Who Self-harm*, *Multi-Family Therapy for Anorexia Nervosa* and *The Radically Open DBT Workbook for Eating Disorders*. Mima is a senior RO

DBT clinician and the senior trainer and supervisor for the Maudsley family and multi-family therapy for eating disorders and CBT for adolescent self-harm.

**Abstract:**

The relevance of the population risks factors for suicide will be examined in the context of eating disorders. Associations between the eating disorders and other psychiatric disorders, temperament and personality traits will be explored as risk factors for suicidal behaviours. The common elements of the most efficacious evidenced based treatments e.g., Dialectical Behaviour Therapy (DBT), Cognitive Behaviour Therapy (CBT) for suicidal behaviours will be presented. We will finish with discussing how the DBT and CBT interventions were integrated into Family Therapy and Multifamily Therapy for Bulimia Nervosa to specifically target suicidal behaviours.

**3.50pm**

**Learning from Regulation 28 Coroner's Reports about eating disorder patients: what patients and carers need from NHS services**

Mr James Downs, Patient Representative, RCPsych

Suzanne Baker, Carer Representative, RCPsych

Helen Missen, Carer Representative, RCPsych

**Biographies:**

**Suzanne Baker** works alongside others to move towards better outcomes for all those affected by Eating Disorders. She is the Carer Representative for the Faculty of Eating Disorders at the Royal College of Psychiatrists and sits on the FEAST UK Task Force ( [www.feast-ed.org](http://www.feast-ed.org) ). Suzanne is a member of both the Experts by Experience Committee at the Academy for Eating Disorders ( [www.aedweb.org](http://www.aedweb.org) ) and the Scientific Programme Committee for AED ICED 2023. She sits on several NHS CRG Working Groups for Eating Disorders and is involved in the Whole Team Training Programme for Adult Eating Disorder teams in England, representing the carer lived experience voice. Suzanne has two daughters who are both in recovery from Anorexia Nervosa.

**Helen Missen** is a retired nurse and a passionate advocate for the improvement of eating Disorder services across the UK, Europe and Globally. After the diagnosis of Anorexia in her daughter, Helen began knocking on government doors 12 years ago, firstly in Wales and then England, seeking parity in investment for CAHMS and adult services. Policy change is transformational for patients and carers. Helen now represents F.E.A.S.T in the UK on the RCPsych FED and AED European Chapter, as well as committees in Wales. Helen supports countless families and is known for compassion, kindness and tenacity

**Abstract:** *Will be published here once available*



## Friday 4 November 2022

9.00am

### Welcome and Introduction

Dr Ashish Kumar

**Biography:** *Will be published here once available*

9.10am

### Message from the President: way forward for eating disorder services for patients, carers and professionals

Dr Adrian James

**Biography:**

**Adrian** was elected President of the Royal College of Psychiatrists in 2020. He holds this role until 2023 and leads the RCPsych on behalf of its members and associates. Adrian is Consultant Forensic Psychiatrist at Langdon Hospital in Dawlish, Devon. His priorities as President are:

- Establishing a pathway to parity for mental health services
- Equality and diversity
- Sustainability
- Workforce Wellbeing

**Abstract:** *Will be published here once available*

9.35am

### Keynote: new developments in early interventions in eating disorders

Professor Ulrike Schmidt

**Biography:**

**Ulrike** is the Professor of Eating Disorders at King's College London and a Consultant Psychiatrist at the South London and Maudsley NHS Foundation Trust. A key focus of her research is the development of brief scalable interventions for eating disorders. She has led the development of FREED, a multi-award winning early intervention programme, which is currently being rolled out across England. She also leads the large UKRI-funded EDIFY consortium on early intervention for eating disorders.

**Abstract:**

There is a clear rationale and growing research evidence supporting the need for and effectiveness of early intervention for eating disorders. There is also enthusiastic support from people with lived experience, clinicians, researchers and policy-makers alike for the idea. Furthermore, a useful blueprint for early intervention research, policy and practice has been provided by the psychosis field. Yet, despite these multiple facilitating factors, we are a long way from making early intervention a reality for young people with eating disorders. In this talk I will focus on recent areas

of progress in regards to early intervention for eating disorders. I will also provide an evidence-based perspective on facilitators and barriers to early intervention for eating disorders and will present ideas for what needs to happen to move the field further forward.

**10.15am**

**Is reflective function a useful therapeutic target for treatment of young people with eating disorders?**

Dr Dasha Nicholls

**Biography:**

**Dr Dasha Nicholls** is Clinical Reader in Child Psychiatry in the Division of Psychiatry at Imperial College London, Honorary Consultant Child and Adolescent Psychiatrist in the Children and Young People's (CYP) Eating Disorders Service in Central and Northwest London NHS Foundation Trust, and Clinical and Strategic Director for National Audits and Research at the Royal College of Psychiatrists. She is a member of the BEAT Clinical Advisory board. Until moving to Imperial in 2018, Dr Nicholls co-lead the Feeding and Eating Disorders service at Great Ormond Street Hospital. She is past-President of the Academy for Eating Disorders and was Chair of the Eating Disorders Faculty (2015-19).

**Abstract:**

Adolescence is a crucial time for social and emotional development, and also peak age for onset of eating disorders. Reflective function is an attachment-based concept referring to the ability to mentalise oneself and others. Development of RF is hypothesised to be crucial for functional interpersonal relationships and is impaired in a number of psychiatric disorders, including eating disorders. Parental RF (the ability to mentalise one's child) has been shown to relate to outcome from family therapy for adolescent anorexia nervosa. In other fields, parental RF changes in response to parenting interventions, with moderate effect sizes. Preliminary data exploring changes in RF during family therapy, and in response to parent interventions for ED will be presented, as well as initial findings from a population-based study on RF and risk/resilience to disordered eating in a sample of adolescents.

**11.40am**

**Plenary session six**

Chair: Dr Agnes Ayton

**Biography:**

**Dr Agnes Ayton** is the Chair of the Faculty of Eating Disorders and consultant eating disorder psychiatrist in Oxford Health NHS Foundation Trust, and Honorary Senior Lecturer at the University of Oxford. She was the Vice Chair between 2015-19. Dr Ayton has a longstanding commitment to improving patient safety and quality of care, and has published on these topics, more recently, the MEED guidelines. She is working with HEE and the RCPsych to develop the pilot credentialing programme. She also worked with the RCPsych media department, supporting their campaign against mental health cuts, and raising awareness of eating disorders.

**11.40am**

**Keynote: purging disorders: recent advances and future challenges**

Professor Pamela Keel

**Biography:**



**Dr. Pamela Keel** is Distinguished Research Professor in the Department of Psychology and co-Director of the NIMH-funded Integrated Clinical Neuroscience Training Program at Florida State University. Her NIH-funded program of research examines the nosology, biology, epidemiology, and longitudinal course of bulimic syndromes. Within her program of research, Dr. Keel defined and characterized Purging Disorder as a potentially new disorder of eating by demonstrating distinct postprandial gut peptide responses linked to purging in the absence of binge eating. This work contributed to Purging Disorder's inclusion in the DSM-5. Dr. Keel is a Fellow of the Academy for Eating Disorders (AED), the Association for Psychological Science, and the

American Psychological Association. She is Past-President of the Eating Disorders Research Society and AED. Dr. Keel received the AED Leadership Award in Research in recognition of an internationally respected body of research yielding new knowledge about eating disorders and measurably advancing the field.

**Abstract:**

In 2013, the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) included Purging Disorder (PD) as a named condition within the Other Specified Feeding or Eating Disorder diagnostic category. This decision reflected evidence that PS differed from bulimia nervosa (BN) on biological factors that explained the presence of large binge episodes in BN vs. their absence in PD. However, this work failed to account for the central feature of PD – purging after normal or small amounts. This talk covers recent advances revealing an array of physiological alterations that are uniquely linked to purging behaviors. As the field moves towards contemplating purging as a primary focus of treatment vs. a simple compensatory response to binge episodes, interventions improve recovery for those with PD and the full range of eating disorders in which purging occurs.

**1.30pm**

**Plenary session seven**

Chair: Dr Rachel Elvins

Chair: Dr Isabella Jurewicz

**Biographies:** *Will be published here once available*

**1.30pm**

**Family therapy and multi-therapy for anorexia nervosa: knowns and unknowns**

Professor Ivan Eisler OBE

**Biography:** *Will be published here once available*

**Abstract:** *Will be published here once available*

**2.05pm**

**What common genetic variants can tell us about anorexia nervosa and binge eating?**

Dr Jonathan Coleman

**Biography:**

**Dr Jonathan Coleman**, Lecturer in Statistical Genetics, Social, Genetic and Developmental Psychiatry Centre, Institute of Psychiatry, Psychology and Neuroscience at King's College London

Joni is a statistical geneticist working in the field of psychiatry. Following an undergraduate degree in Natural Sciences, primarily focused on cell biology and animal behaviour, he joined the SGDP Centre as an MSc/PhD student training in statistical genetics under Prof Thalia Eley and Prof Gerome Breen. He remained working with Prof Breen as a postdoctoral researcher, before starting his research group at the SGDP in 2020. He is primarily interested in extracting biological insights from the statistical results of genome-wide association studies, and understanding how genetic effects vary in different environmental contexts. He is currently supervising the latest genome-wide association study analyses for the Eating Disorders Working Group of the Psychiatric Genomics Consortium.

**Abstract:**

The DSM-5 Feeding and Eating Disorders are heterogeneous across multiple domains, and the sources of that heterogeneity are unknown. However, common genetic variants contribute, accounting for 28-74% of the variance observed in eating disorders. The goal of the Eating Disorders Working Group of the Psychiatric Genomics Consortium (PGC-ED) is to address this heterogeneity by fully explicating genetic and environmental contributions to each of the component disorders, to enable genetics to contribute to an empirical classification of eating disorders.

This talk will present the latest findings from genome-wide association studies of anorexia nervosa (in 23,000 cases and 1,200,000 controls), and of binge-eating disorders (in 34,000 cases and 833,000 controls). The genetics of anorexia nervosa indicate it is a psycho-metabolic disorder, broadly correlated with other psychiatric disorders as well as with body composition. The genetics of binge-eating indicate similarities with the genetics of obesity, but also show genetic correlations with psychiatric disorders.

**3.25pm**

**Plenary session eight**

Chair: Dr Victoria Chapman

Chair: Dr Lisa Mukherjee

**Biographies:** *Will be published here once available*

**3.25pm**

**Update of the World Federation of Societies of Biological Psychiatry (WFSBP) guidelines for the pharmacological treatment of eating disorders**

Dr Hubertus Himmerich

**Biography:**

Since 2015: Clinical Senior Lecturer in Eating Disorders at King's College London and Consultant Psychiatrist on an inpatient ward for people with anorexia nervosa at the Bethlem Royal Hospital, South London and Maudsley NHS Foundation Trust

2009 - 2015: Professor for Neurobiology of Affective Disorders, University of Leipzig, Germany

2007 - 2009: Consultant Psychiatrist, Department of Psychiatry, RWTH Aachen University, Germany

1999 - 2007: Psychiatry Training and Postdoctoral Researcher (Mainz, Munich and Marburg, Germany)

1993 -1999: Study of Human Medicine, University of Mainz, Germany

**Abstract:**

**Objectives.** This update of the World Federation of Societies of Biological Psychiatry (WFSBP) guidelines for the pharmacological treatment of eating disorders (EDs) reflects the latest diagnostic and psychopharmacological progress and the improved WFSBP recommendations for the assessment of the level of evidence (LoE) and the grade of recommendation (GoR).

**Methods.** The WFSBP Task Force EDs reviewed the relevant literature and provided a timely grading of the LoE and the GoR.

**Results.** In anorexia nervosa (AN), only a limited recommendation (LoE: A; GoR: 2) for olanzapine can be given, because the available evidence is restricted to weight gain, and its effect on psychopathology is less clear. In bulimia nervosa (BN), the current literature prompts a recommendation for fluoxetine (LoE: A; GoR: 1) or topiramate (LoE: A; GoR: 1). In binge-eating disorder (BED), lisdexamfetamine (LDX; LoE: A; GoR: 1) or topiramate (LoE: A; GoR: 1) can be recommended. There is only sparse evidence for the drug treatment of avoidant restrictive food intake disorder (ARFID), pica and rumination disorder (RD).

**Conclusion.** In BN, fluoxetine and topiramate, and in BED, LDX and topiramate can be recommended. Despite the published evidence, olanzapine and topiramate have

not received marketing authorization for use in EDs from any medicine regulatory agency.

Hubertus Himmerich, Yael Doreen Lewis, Chiara Conti, Hiba Mutwalli, Andreas Karwautz, Magnus Sjögren, María Mercedes Uribe Isaza, Marta Tyszkiewicz-Nwafor, Martin Aigner, Susan L. McElroy, Janet Treasure, Siegfried Kasper, The WFSBP Task Force on Eating Disorders

**4.05pm**

**Implementation research- TRIANGLE intervention for children, young people, and parents: experience so far**

**Biography:** *Will be published here once available*

**Abstract:** *Will be published here once available*

**4.25pm**

**Can gut microbial diversity predict the prognosis of anorexia nervosa?**

Dr Passent Helal

**Biography:**

**Passent Helal** is a higher dual trainee in general adult and old age psychiatry at Cambridgeshire and Peterborough NHS foundation trust. She completed her MSc in Applied Neuroscience from King's College London and has been awarded the faculty of eating disorders educational research bursary from the Royal College of Psychiatrists in order to conduct this research. Her research interests focus on the gut-brain axis, immunoinflammatory interactions in psychiatric disorders including eating disorders and dementias.

**Abstract:**

In recent years, changes in the gut microbiome have been implicated as a possible player in the underlying etiology and maintenance of anorexia nervosa, possibly through perturbation of the gut-brain axis. Finding a possible link between changes in the gut microbiome and the severity of the disorder may enable its use as a possible biomarker to help predict clinical outcomes. This may help aid with early intervention to reduce the risk of mortality. Future early intervention might be in the form of supplementation with pre/probiotics or fecal matter transplantation to restore the microbiome, body weight, and psychological outcomes. This presentation shows an exploratory longitudinal study in anorexia nervosa patients to investigate changes in the gut microbiome and their correlation with clinical improvement parameters.

**4.40pm**

**Research bursaries winners, annual essay prize winners, poster prize**

**announcement, panel discussion and reflections on the day's sessions**

Chair and Vice Chair of the Faculty of Eating Disorders Psychiatry and speakers

**The RCPsych Faculty of Eating Disorders essay competition ‘*What new ideas would you like to bring to the field of Eating Disorders which can help our patients and their carers?*’ Joint prize winners**

- **Mrs Sydney Terry**, B.A.&Sc., MSc., MD candidate, Medical Student, University of British Columbia
- **Dr Beenish Khan Achakzai** (BDS, Dip MHP) & **Dr Shah Tarfarosh**, (MBBS, PGC, MRCPsych), Psychiatry specialist registrar, Oxford Health NHS Foundation Trust

**The RCPsych Faculty of Eating Disorders essay competition ‘*What new ideas would you like to bring to the field of Eating Disorders which can help our patients and their carers?*’ Joint runners up**

- **George Reid**, Core Trainee, Avon and Wiltshire NHS Trust
- **David Hannah**, Medical Student, University of Newcastle