

**RCPsych Faculty of Eating Disorders Annual Conference  
"Bringing Hope to the patients and carers with Eating Disorders"**

**Thursday 2 and Friday 3 November 2023**

**In person/live streamed**

**London, Prescot Street**

	<b>Thursday 2 November 2023</b>
<b>8.45am-9.15am</b>	<b>Registration (for in person delegates only)</b>
<b>9.15am-9.30am</b>	Welcome and introduction from the Eating Disorders Faculty Chair – Dr Ashish Kumar, Chair of the Eating Disorders Faculty, RCPsych, Clinical Director, CAMHS, Mersey Care NHS Foundation Trust
<b>9.30am-10.30am</b>	<p align="center"><b>Plenary 1: Biomarkers</b></p> <p align="center">Chair: Professor Janet Treasure, OBE, Consultant Psychiatrist at the South London and Maudsley NHS Foundation Trust</p> <ol style="list-style-type: none"> <li><b>Advances in genomics and large data analyses for eating disorders</b> Professor Gerome Breen, Kings College London, London</li> <li><b>Brain structure and function in eating disorders</b> Professor Sylvane Desrivieres, Kings College London, London</li> </ol>
<b>10.30am-11.00am</b>	<b>Break</b>
<b>11.00am-12.30pm</b>	<p align="center"><b>Plenary 2: Typical and Atypical Psychedelics</b></p> <p align="center">Chair: Dr Hubertus Himmerich, Reader in Eating Disorders, Kings College London, London</p> <ol style="list-style-type: none"> <li><b>Why psychedelics are the future of psychiatry</b> Professor David Nutt, Imperial College London, London</li> <li><b>Imperial psilocybin anorexia nervosa trial</b>  (this presentation will not be recorded)  Professor Rebecca Park and Hannah Douglass, University of Oxford and Imperial College London</li> </ol>
<b>12.30pm-12.45pm</b>	<ol style="list-style-type: none"> <li><b>Ketamine for depression in eating disorders: case series of 30 patients treated in Oxford</b> Dr Rupert McShane, Department of Psychiatry, University of Oxford</li> </ol> <p>Welcome address from RCPsych President – Dr Lade Smith CBE, President, Royal College of Psychiatrists</p>
<b>12.45pm-1.45pm</b>	<b>Lunch and Eating Disorders Faculty AGM (in-person delegates only, Room 1.1)</b>
<b>1.45pm-3.15pm</b>	<p align="center"><b>Plenary 3: Nutrition</b></p> <p align="center">Chair: Dr Agnes Ayton, Vice Chair of the Eating Disorders Faculty, RCPsych</p> <ol style="list-style-type: none"> <li><b>The impact of Ultra Processed Foods on mind and body. A review of the evidence and some proposed mechanisms.</b> Dr Chris van Tulleken, Associate Professor, University College London</li> <li><b>Nutrition in Binge Eating Disorder</b> Ms Ursula Philpot, Consultant dietitian and senior lecturer</li> <li><b>Veganism and Eating Disorders: Exploring our roles as health professionals</b></li> </ol>

	Mrs Sarah Elder, Advanced Clinical Practitioner Dietitian
<b>3.15pm-3.45pm</b>	<b>Break</b>
<b>3.45pm-4.45pm</b>	<p style="text-align: center;"><b>Parallel sessions</b></p> <ol style="list-style-type: none"> <li><b>1. Workshop 1: Getting Involved in Research (Room 1.1)</b> Dr Helen Bould, Consultant Senior Lecturer in Child and Adolescent Psychiatry, University of Bristol and Dr Lindsey Sinclair, University of Bristol Chair: Dr Lisa Mukherjee</li> <li><b>2. Workshop 2: Male carers (Room 1.7)</b> Jenny Langlely, Matthew Wilson, Chris Phipps Chair: Dr Hubertus Himmerich, Reader in Eating Disorders, Kings College London, London</li> <li><b>3. Workshop 3: Art and Psychiatry (Room 1.6)</b>  <b>(Please note that this session is available to in-person delegates only and will not be live-streamed/recorded)</b>  Dr Trudi Seneviratne, Registrar, Royal College of Psychiatrists Chair: Dr Agnes Ayton, Vice Chair of the Eating Disorders Faculty, RCPsych</li> </ol>
<b>4.45pm</b>	<b>Close of conference</b>

	<b>Friday 3 November 2023</b>
<b>8.45am-9.15am</b>	<b>Registration (for in person delegates only)</b>
<b>9.15am</b>	Welcome and introduction from the Eating Disorders Faculty Chair – Dr Ashish Kumar, Chair of the Eating Disorders Faculty, RCPsych, Clinical Director, CAMHS, Mersey Care NHS Foundation Trust
<b>9.15am-9.30am</b>	Welcome address from RCPsych Dean – Professor Subodh Dave, Dean, Royal College of Psychiatrists
<b>9.30am-11.00am</b>	<p style="text-align: center;"><b>Plenary 4: Mentalisation</b></p> <p>Chair: Professor Ulrike Schmidt, Director of CREW, Professor of Eating Disorders at King's IoPPN, and Theme Lead for Eating Disorders and Obesity at NIHR Maudsley BRC</p> <ol style="list-style-type: none"> <li><b>1. Whose body is it anyway? unconscious defences and the brain in eating disorders.</b> Dr Susan Mizen</li> <li><b>2. The introduction and development of MBT within an Adult Eating Disorder Service for both patients and carers</b> Dr David Coyle</li> <li><b>3. Providing a Mentalization-Based Group Treatment for people with ED and PD</b> Dr Phil Crockett</li> <li><b>4. GOSH Mentalisation service</b> Dr Lisa Mukherjee</li> </ol>
<b>11.00am-11.30am</b>	<b>Break</b>

<p><b>11.30am-1.00pm</b></p>	<p style="text-align: center;"><b>Plenary 5: Brain Stimulation</b> Chair: Dr David Coyle</p> <ol style="list-style-type: none"> <li><b>1. Targeting transdiagnostic dimensions of illness with focal brain stimulation</b> Dr Jonathan Downar, University of Toronto; Co-Director of the MRI-Guided rTMS Clinic at University Health Network</li> <li><b>2. Deep Brain stimulation for severe enduring Anorexia Nervosa: an optimal connectivity profile of response</b> (this presentation will not be recorded) Professor Rebecca Park, University of Oxford and Mr John Eraifej</li> <li><b>3. Current Affairs: Non-invasive brain stimulation in eating disorders</b> Professor Ulrike Schmidt, Professor of Eating Disorders at King's College London and Consultant Psychiatrist at the South London and Maudsley NHS Foundation Trust</li> </ol>
<p><b>1.00pm-2.00pm</b></p>	<p><b>Lunch and RCPsych Eating Disorders Credential Pilot Trainee and Trainer Meeting (in-person only, Room 1.1)</b></p>
<p><b>2.00pm-3.30pm</b></p>	<p style="text-align: center;"><b>Plenary 6: RCTs</b> Chair: Dr Ashish Kumar, Chair of the Eating Disorders Faculty, RCPsych</p> <ol style="list-style-type: none"> <li><b>1. Physical and mental health outcomes of an integrated cognitive behavioural and weight management therapy for people with an eating disorder characterized by binge eating and a high body mass index</b> Professor Philippa Hay and Dr Angélica Medeiros Claudino</li> <li><b>2. What we have learnt from TRIANGLE</b> Professor Janet Treasure, Consultant Psychiatrist at the South London and Maudsley NHS Foundation Trust</li> <li><b>3. Outcomes of the OPEN study</b> Dr Olena Said, Research Associate and Trial Manager of the OPEN study, Kings College London, London</li> <li><b>4. Service users', carers' and staff perspectives on olanzapine treatment</b> Ms Vanessa K. Kellermann, qualitative researcher</li> </ol>
<p><b>3.30pm-4.00pm</b></p>	<p><b>Break</b></p>
<p><b>4.00pm-4.30pm</b></p> <p><b>4.30pm-5.00pm</b></p> <p><b>5.00pm- 5.10pm</b></p>	<p style="text-align: center;"><b>Plenary 7</b> Chair: Dr Agnes Ayton, Vice Chair of the Eating Disorders Faculty, RCPsych</p> <p><b>From Ignoring the Alarms to Learning from them: How can we shift the cultural dial in Eating Disorders services</b> Ms Kate Eisenstein, Director of Strategy (Parliamentary Health Service Ombudsman Office)</p> <p><b>Panel discussion/reflections on the conference</b></p> <p><b>Close of conference and announcements of Research Bursary Winners, Poster Prizes Winners, and National Essay Prize Winner.</b></p>
<p><b>5.10pm</b></p>	<p><b>Close of conference</b></p>