

## Faculty of Eating Disorders Annual Conference 2024: Illuminating Clinical Practice from Different Angles

**Date:** Tuesday 12 and Wednesday 13 November 2024, 9.15am-5.45pm

**Venue:** Royal College of Psychiatrists, London and livestreamed for online delegates via EventsAir

### Tuesday 12 November 2024 (Day 1)

Time	Session
8.45am	<b>Delegate registration</b>
9.15am	<b>Welcome to the conference</b> Dr Ashish Kumar (Chair of the RCPsych Faculty of Eating Disorders)
9.20am	<b>Presidential address</b> Dr Lade Smith (President of the RCPsych)
9.30am	<b>Plenary 1 – Novel Research Results</b> Chair: Dr Ashish Kumar (Chair of the RCPsych Faculty of Eating Disorders)
	<b>Using the Person-Based Approach to design novel Virtual Reality interventions for eating disorders – a project in progress</b> Dr Helen Bould (Associate Professor in Child and Adolescent Psychiatry, University of Bristol)
	<b>Olanzapine for Young People with Anorexia Nervosa</b> Dr Ece Sengun Filiz (Academic Clinical Fellow/Specialist Registrar in Child & Adolescent Psychiatry, Imperial College London/Central & Northwest London NHS Foundation Trust/West London NHS Trust)
	<b>New findings from TRIANGLE - a multicentre RCT study of the transition from inpatient care</b> Professor Janet Treasure (King's College London)
11.00am	<b>Break</b>
11.30am	<b>Plenary 2 – Arts and Eating Disorders</b> Dr Agnes Ayton (Vice Chair of the Faculty of Eating Disorders)
	<b>'This is me, literally'. Bringing prose, poetry and novels by writers with EDs into ED research</b> Professor Heike Bartel (Professor of Health Humanities and German Studies, The University of Nottingham)

	<p><b>Using the power of animated film to improve eating disorders awareness and psychoeducation</b> Professor Ulrike Schmidt (Professor of Eating Disorders, King's College London)</p>
	<p><b>Music and Eating Disorders</b> Dr Ivana Picek (Consultant Psychiatrist, Inpatient Eating Disorders Unit, South London and Maudsley NHS Foundation Trust)</p>
<b>1.00pm</b>	<b>Lunch</b>
<b>1.45pm</b>	<p><b>Plenary 3 – Comorbidities</b> Chair: Dr Helen Bould (Associate Professor in Child and Adolescent Psychiatry, University of Bristol)</p>
	<p><b>Type 1 diabetes and eating disorders- the STEADY project</b> Dr Marietta Stadler (Senior Clinical Lecturer, King's College London, School of Cardiovascular and Metabolic Sciences and Medicine)</p>
	<p><b>An integrated diabetes and mental health intervention for people with type 1 diabetes and severe disordered eating: a prospective proof-of-concept cohort study</b> Professor Khalida Ismail (Professor of Psychiatry and Medicine, King's College London)</p>
	<p><b>Autism and eating disorders</b> Professor Kate Tchanturia (Professor of Psychology in Eating Disorders, King's College London)</p>
	<p><b>Extending the PEACE pathway to autistic young people with eating disorders</b> Dr Joanna Holliday (Consultant Clinical Psychologist, Oxford Health NHS Foundation Trust)</p>
<b>3.15pm</b>	<b>Break</b>
<b>3.45pm</b>	<p><b>Plenary 4 – Symposium to honour Janet Treasure</b> Chair: Professor Ulrike Schmidt (Professor of Eating Disorders, King's College London)</p> <p>Music by Miss Fiona McGroy (Guest performer) and Dr Hubertus Himmerich (Joint Academic Secretary of the RCPsych Faculty of Eating Disorders and Reader in Eating Disorders/ Consultant Psychiatrist, King's College London/South London and Maudsley NHS Foundation Trust)</p>
	<p><b>Clinical and Academic Learnings from Professor Janet Treasure</b> Dr Carol Kan (Consultant Psychiatrist in Eating Disorders, Vincent Square Eating Disorders Service) and Dr Katie Au (Clinical Lead in Eating Disorder Service, Consultant psychiatrist, Central and Northwest London NHS Foundation Trust)</p>
	<p><b>Secondary effects of anorexia nervosa on the brain from the lived experience perspective</b> Dr Johanna Keeler (Postdoctoral Research Associate, King's College London)</p>

	<p><b>Five things I learned from Professor Janet Treasure</b> Professor Lucy Serpell (Professor of the Psychology of Eating Disorders, University College London)</p>
	<p><b>Every mistake is a treasure: what we have learned from Janet's collaborative work with patients and families</b> Professor Valentina Cardì (Associate Professor of Clinical Psychology and Clinical Psychologist, University of Padova &amp; Padova University Hospital)</p>
	<p><b>Video message</b> Dr Pamela McDonald</p>
<b>5.45pm</b>	<b>End of Day 1</b>

## Wednesday 13 November 2024 (Day 2)

Time	Session
<b>8.45am</b>	<b>Delegate registration</b>
<b>9.15am</b>	<p><b>Address by the RCPsych Dean</b> Professor Subodh Dave (Dean of the RCPsych)</p>
<b>9.25am</b>	<p><b>Plenary 5 - Lived Experience</b> Chair: Dr Hubertus Himmerich (Joint Academic Secretary of the RCPsych Faculty of Eating Disorders and Reader in Eating Disorders/ Consultant Psychiatrist, King's College London/South London and Maudsley NHS Foundation Trust)</p> <p><b>Empowered by hope: Insights from lived experience in eating disorder recovery</b> Miss Phoebe Saville (Masters Student, King's College London), Revd Elspeth Saville (Assistant Minister At All Saints Church, Laleham, also an Early Intervention Co-ordinator and Relational Support Worker for the East to West Trust), Revd Dr Andy Saville (Vicar, Church of England)</p> <p><b>From Darkness to Hope</b> Emma Louise James (Expert by experience)</p> <p><b>Lived Experience in Research: empowering our journey</b> Dr Maria Livanou (Lecturer in Psychology, King's College London)</p>
<b>11.15am</b>	<b>Break</b>
<b>11.45am</b>	<p><b>Plenary 6 – Checklist for the Underrepresented in Eating Disorders (panel discussion)</b> Chair: Dr Chukwuemeka Nwuba (Medical Doctor, East London NHS Foundation Trust)</p>
	<p>Speakers:</p> <ul style="list-style-type: none"> <li>- Ms Miriam Kilpatrick (Art Psychotherapist, NHS)</li> </ul>

	<ul style="list-style-type: none"> <li>- Dr Jamie Chan (Lecturer in Psychology, University of Brighton)</li> <li>- Mr Andy Jones, Honorary Doctor (MD, AJAssociates &amp; Co-Lead for Nutrition &amp; Hydration Week)</li> </ul>		
<b>12.45pm</b>	<b>Lunch (Ground floor, Members Area) and Eating Disorders Faculty AGM from 1.00pm (Room 1.1)</b>  <i>This meeting is for in-person delegates only. The AGM will not be live-streamed and/or recorded.</i>		
<b>1.30pm</b>	<p style="text-align: center;"><b>Plenary 7 – Prevention</b> Chair: Dr Ashish Kumar (Chair of the RCPsych Faculty of Eating Disorders)</p> <p><b>Keynote address - NHS England priorities for Mental Health</b> Dr Adrian James (National Medical Director for Mental Health &amp; Autism, NHS-England, President, Royal College of Psychiatrist, (2020-2023))</p>		
<b>2.00pm</b>	<p><b>Update on RCPsych Position Statement on Prevention</b> Dr Agnes Ayton (Vice Chair of the Faculty of Eating Disorders) and Dr Ashish Kumar (Chair of the RCPsych Faculty of Eating Disorders)</p>		
<b>2.30pm</b>	<p><b>Comfort break</b></p>		
<b>2.40pm</b>	<p style="text-align: center;"><b>Plenary 8 – Medico-Legal and Ethical Perspectives</b> Chair: Dr Nikola Kern (Consultant Psychiatrist, South London and Maudsley NHS Foundation trust)</p> <p><b>Seizing responsibility: a lived experience reflection on facing ethical challenges together</b> Mr James Downs (Patient Representative, Royal College of Psychiatrists)</p> <p><b>End-of-life Care in Anorexia Nervosa</b> Dr Anna Lisa Westermair (Clinical Ethicist and PostDoc, Universities of Basel and Zurich, Switzerland)</p> <p><b>Legal responses to disordered eating</b> Mr Alex Ruck Keene (Barrister/Professor of Practice, 39 Essex Chambers, King's College London)</p>		
<b>4.10pm</b>	<p><b>Break</b></p>		
<b>4.30pm</b>	<p style="text-align: center;"><b>Parallel sessions</b> Choice of 3 parallel sessions</p>		
	<p><b>Session 1: Still hope for healing: pathways to including those excluded from effective eating disorder care (Room 1.7)</b></p>	<p><b>Session 2: Stage and Self: do music and perming arts promote well-being or contribute to eating disorders? A</b></p>	<p><b>Session 3: Singing workshop (Ground Floor, Members Area)</b> Harriet Phillips and Dr Hubertus Himmerich (Joint Academic Secretary)</p>

	<p>Chair: Dr Agnes Ayton (Vice Chair of the Faculty of Eating Disorders)</p> <p>Mr James Downs (Patient Representative, Royal College of Psychiatrists)</p>	<p><b>carer's perspective. (Room 1.6)</b></p> <p>Chair: Dr Ashish Kumar (Chair of the RCPsych Faculty of Eating Disorders)</p> <p>Ms Sheila Boniface (Carer representative for the RCPsych Faculty of Eating Disorders)</p>	<p>of the RCPsych Faculty of Eating Disorders and Reader in Eating Disorders/ Consultant Psychiatrist, King's College London/South London and Maudsley NHS Foundation Trust)</p> <p><i>This workshop will not be live-streamed and/or recorded.</i></p>
<b>5.30pm</b>	<p><b>Closing remarks and prize giving</b> Dr Ashish Kumar (Chair of the RCPsych Faculty of Eating Disorders)</p>		
<b>5.45pm</b>	<p><b>Conference end</b></p>		

*The RCPsych is an inclusive organisation with over 21,000 members who have a diverse range of views, which we look to represent across the programme. To further open dialogue, scientific discovery and enrich learning, we provide our members with the opportunity to hear from a range of professionals. The speakers', panellists' and participants' views and comments are their own and not the established views of the College.*