

Eating Disorders and Perinatal Joint Faculty Conference 2025

Friday 5 September 2025

BMA Scotland, Queen Street,
Edinburgh

Arrival / Registration from 9am

Digital Event Booklet



**CHOOSE
PSYCHIATRY
in Scotland**

Housekeeping



Upon arrival, please sign in so that we can confirm delegates attendance.



Please turn your phone/devices to silent and your email notifications off for the duration of the event.



Feedback Forms will be circulated for you to complete in the afternoon.



Certificates of attendance will be emailed to you within 5 days of the event.

PROGRAMME

Morning Session “Nutrition and mental health across the age range” Chair: Dr Katherine Morton	
09:00 – 09:30	Arrival & Registration
09:30 – 09:35	Faculties’ Welcome Louise Johnston, Consultant Psychiatrist, and Chair, RCPsychiS Eating Disorders Faculty and Gavin Philipson, Consultant Psychiatrist and Vice Chair, RCPsychiS Perinatal Faculty
09:35 – 10:00	Eating Disorder & Perinatal Lived Experience Annie Morrison
10:00 – 11:00 <i>(live streamed)</i>	Nutritional Psychiatry: Evidence, Mechanisms, Clinical Translation, and Global Policy Imperatives Deakin Distinguished Professor Felice Jacka OAM, Director, Food & Mood Centre, IMPACT, Deakin University, Australia; Founder, International Society for Nutritional Psychiatry Research (ISNPR)
11:00 – 11:15	BREAK
11:15 – 12:00	Metabolic Psychiatry: Is a Ketogenic Diet Effective for SMI? Dr Iain Campbell, Baszucki Research Fellow in Metabolic Psychiatry Division of Psychiatry, University of Edinburgh
12:00 – 13:00	WORKSHOP - Nutrition in Pregnancy Marney Ackroyd, Clinical Team Lead and Specialist Dietitian, Tertiary Eating Disorder Specialist Service (TESS), NHS Lanarkshire & Amzu Parpia, Advanced Specialist Dietitian, Eating Disorder Advanced Intervention Team and Community Mental Health Team, NHS Fife
13:00 – 13:45	LUNCH
Afternoon Session “Improving the Patient Journey” Chair: Dr Louise Johnston	
13:45 - 14:15	BEAT’s priorities in Scotland Alex Jones, National Lead, BEAT Scotland
14:15 – 15:00	Restricted Intake Self Harm (RISH) Clare Ellison, CYP Eating Disorders Service Improvement Lead & Advanced Eating Disorders Dietitian, Cumbria Northumbria Tyne and Wear NHS Foundation Trust
15:00 – 15:15	BREAK
15:15 – 15:45	ECT in post-partum illnesses Dr Julie Martin-Langan, Professor of Psychiatry and Honorary Consultant Psychiatrist, School of Health & Wellbeing, University of Glasgow
15:45 - 16:15	Perinatal Mental Health is Everyone's Business: Forming a Collective Voice Rebecca French, Everyone’s Business Co-ordinator (Scotland), Maternal Mental Health Alliance
16:15 – 16:45	Panel Discussion / Closing Remarks

RCPsychiS reserves the right to amend the programme without prior notice.

This programme provides up to 6 hours CPD subject to peer group approval.

Session Chairs

Dr Katherine Morton

Dr Katherine Morton is a Consultant Psychiatrist working in the adult eating disorder service in NHS Lanarkshire. Katherine currently works as a Scottish Government Clinical Advisor, to the National Eating Disorder Network. Katherine has previously worked in the Lanarkshire Community Perinatal Mental Health Team and has a special interest in Eating Disorders in the Perinatal Period, having been involved in writing this section in the SIGN 164 Eating Disorders Guidance.

Dr A. Louise Johnston

Until recently, **Dr Johnston** has been consultant psychiatrist and clinical lead on the Eden Unit, which is the Regional Unit for Eating Disorders in the North of Scotland, located in Aberdeen. From September, she will take up post as Consultant Psychiatrist in the Tayside Eating Disorders Service, and Consultant Medical Psychotherapist in the Tayside Psychotherapy Service. She completed dual specialist training in medical psychotherapy and child and adolescent psychiatry in Aberdeen; and completed the Diploma in Psychoanalytic Observation and Reflective Practice from the University of Strathclyde. Dr Johnston has completed Mentalisation Based therapy (MBT) practitioner level training, MBT for Eating Disorders, Family Behavioural Treatment, Brief Solution Focussed Therapy and Interpersonal Therapy training. She is chairing a Scottish working group for development of a pathway for managing co-morbid personality disorder and eating disorder and is involved in the eating disorder training and accreditation system in Scotland as an EEATS supervisor. Dr Johnston is the current Chair of the RCPsych in Scotland Faculty of Eating Disorders, and a member of the UK RCPsych Eating Disorders Faculty.

Speaker/Facilitators Biographies & Presentation Abstracts

Annie Morrison

Hi, I'm **Annie**, I am 27 and have been in Anorexia recovery for around 3 years. In my talk, I'll be sharing my lived experience of navigating anorexia recovery while pregnant, and reflect on the treatment, care and support that have made a difference along the way. I hope to offer insight to real personal challenges and what has helped me through this, from someone who has been on the receiving end of services. I am passionate about breaking the stigma around eating disorders and pregnancy, and to offer insight into the realities that can be often misunderstood.

Presentation Abstract: In this talk, I will be sharing my personal journey of navigating pregnancy while recovery from an eating disorder, in my experience Anorexia. I aim to try to offer some insight into how pregnancy can both challenge and support recovery and the care and amazing support I have received from my community team around this significant change in my life. I will speak openly about fears, setbacks, but also the unexpected healing and positives it has brought to my recovery journey.

Professor Felice Jacka

Deakin Distinguished **Professor Felice Jacka** OAM is internationally recognized as a leader in the rapidly developing field of research focused on Nutritional Psychiatry and is the founder and immediate-past president of the International Society for Nutritional Psychiatry Research (ISNPR). She is also founder and director of the Food & Mood Centre at Deakin University. She is the author of the book 'Brain Changer' through Pan Macmillan in Australia and Yellow Kite Books in the UK (2019) and 'There's a Zoo in my Poo', published by Pan Macmillan in July 2020. She is a Clarivate Highly Cited researcher (2020-24), putting her in the top 0.1% of scientists worldwide. In 2021 she was awarded the Medal of the Order of Australia (Queen's honour) for her contributions to Nutritional Psychiatry.

Presentation Abstract: Extensive evidence now supports diet quality as an independent risk factor for common mental health problems across countries, cultures, and age groups. Experimental evidence also shows that dietary improvement can treat even severe clinical depression. This knowledge is now reflected in clinical guidelines. Mechanisms are many and relate particularly to the human microbiota. There is enormous potential for both clinical and public health interventions focused on nutrition for the prevention and treatment of mental, neurodevelopmental, and neurodegenerative disorders, including new possibilities for precision medicine.

[Dr. Iain Campbell](#)

Dr. Campbell is the Baszucki Research Fellow in Metabolic Psychiatry at the University of Edinburgh. He has a PhD in Global Health from the University of Edinburgh and was a principal investigator on a pilot trial of a ketogenic diet for bipolar disorder. He is a workstream lead and co-investigator on the first publicly funded research hub for Metabolic Psychiatry, the UKRI Medical Research Council Hub for Metabolic Psychiatry at the University of Edinburgh, and co-investigator on an upcoming RCT of a ketogenic diet for bipolar disorder. His research in metabolic psychiatry has been published in Nature press journals Molecular Psychiatry and Translational Psychiatry and presented at Mayo Clinic Grand Rounds and The Royal College of Psychiatrists International Congress. Dr. Campbell lives with Bipolar Disorder Type 2 and seeks to better understand his condition through scientific research.

Presentation Abstract: The Ketogenic Diet is a treatment for refractory epilepsy established through 13 randomised controlled trials and over 100 years of clinical application. Several of the medications used to treat bipolar disorder overlap with epilepsy medications (e.g. Lamotrigine, Carbamazepine, Valproate) and preliminary data from pilot studies, case series and observational studies indicate potential beneficial effects of a ketogenic diet in bipolar disorder. A ketogenic diet causes the brain to utilize ketone bodies as an alternative metabolic substrate to glucose in the brain, and this is thought to underlie its anti-seizure properties. Dr. Campbell will present data, including brain imaging and metabolomics as well as patient experiences from his pilot study of a ketogenic diet carried out at Edinburgh University. He will also share developments in the emerging field of Metabolic Psychiatry which examines metabolic dysfunction in the brain as a contributing factor to serious mental illness. Dr. Campbell is a co-investigator and workstream lead in the UKRI Medical Research Council Hub for Metabolic Psychiatry and Wellcome Trust projects Helios-BD and Ambient-BD at Edinburgh University. He is also a co-investigator and workstream lead in a forthcoming randomized controlled trial of a ketogenic diet for bipolar disorder.

[Marney Ackroyd](#)

Marney is currently working in Lanarkshire as the Clinical Team Lead for Dietitians working in the Eating Disorder service. Before this post Marney worked in the Weight Management and Mental Health Service in Forth Valley, her specialist interest was with disordered eating in patients presenting with overweight. Prior to this, Marney was a Senior Research Fellow with the RGU looking at the efficacy of delivery of weight management services, in Primary Care, across the UK and Scotland from 2000-2012.

Marney describes food as the magic ingredient that can provide amazing wellness when we get it right, and where better to start than when we go through the most dynamic phase of growth, our first 1000 days.

[Amzu Parpia](#)

Amzu is currently working as an Advanced Specialist Dietitian with NHS Fife and divides her time between the Eating Disorder Advanced Intervention Team (EDAIT) and community mental health services. With over 8 years of dedicated experience in eating disorder care across inpatient and outpatient settings,

including Dundee's Young People's Unit (YPU), Amzu has contributed to the Care and Treatment of Eating Disorders: National Specification. Her work includes developing dietetic pathways, managing refeeding risk and supporting multidisciplinary care.

She believes that nutrition is not just about food, it's about restoring trust, rebuilding identity, and supporting recovery through compassionate, evidence-based care. Her philosophy centres on meeting individuals where they are and using food as a foundation for healing and long-term wellbeing. Amzu has also led work within NHS Fife to make dietetic practice more trauma-informed, ensuring care is sensitive, safe, and empowering for those with lived experience of eating disorders.

Presentation Abstract: Nutrition in pregnancy plays a vital role in maternal and fetal health, but eating disorders can complicate this critical period. This presentation explores the intersection of pregnancy and eating disorders, highlighting the importance of dietitian-led care to support nutritional adequacy, psychological safety and positive outcomes during the perinatal journey.

Alex Jones

Alex has worked at BEAT for three years and manages our relationship with the Scottish Government, Health Boards and other stakeholders in Scotland, as well as leading on our political, campaigning and media work. He is also a member of the National Eating Disorders Network.

Prior to this, Alex worked for many years in frontline mental health and learning disability services in the Third Sector.

Presentation Abstract: Alex will introduce Beat's services in Scotland and share our perspective on the current situation in eating disorders. He will also share some insights from the Lived Experience Panels we've been facilitating on behalf of the Scottish Government.

Clare Ellison

Clare Ellison is an advanced eating disorders dietitian with experience and training across a range of care settings and ages, as well as strategic and leadership roles. She currently works for the North East and North Cumbria Provider Collaborative as the CYPS Eating Disorders Improvement Lead and is also the dietetic clinical advisor to the national eating disorders charity, Beat.

Presentation Abstract: An introduction to a national project aiming to expand the emerging understanding of Restricted Intake Self Harm and support clinical practice considerations across care settings by drawing together a multi-professional cohort of experts and those with lived experience.

Professor Julie Martin Langan

Julie Langan Martin is Professor of Psychiatry at the University of Glasgow and an Honorary Consultant Liaison Psychiatrist in NHS Ayrshire in Arran. She is Chair of the Scottish ECT Audit Network (SEAN).

At the University of Glasgow, she is Director of Education within the School of Health and Wellbeing (SHW) and Co-Director of the Glasgow Academic Training Environment (GATE). Her clinical research interests are in ECT, health inequalities, multimorbidity and perinatal illness.

Julie Langan Martin graduated MBChB (Honours) from the University of Glasgow. She is a member of the Royal College of Psychiatrists and a Fellow of the Royal College of Physicians and Surgeons of Glasgow. She completed a clinical research training fellowship in Glasgow alongside a Masters of Education (MD, Glasgow 2016 and MEd (Merit) Glasgow, 2016).

Presentation Abstract: Electroconvulsive therapy (ECT) remains one of the most effective treatments for severe psychiatric illness, particularly in cases of treatment-resistant depression, bipolar disorder, and catatonia. Its role is especially vital in the perinatal period, where rapid symptom resolution can significantly impact maternal and infant outcomes. However, due to a variety of factors including stigma its use may be limited during this critical time.

This session will explore the use of ECT in individuals with perinatal mental illness, drawing on national data from the Scottish ECT Audit Network (SEAN). Patterns of use, clinical indications, outcomes, and reported side effects in a naturalistic sample will be explored. Attendees will gain insight into the real-world application of ECT in this patient group and reflect on its role within comprehensive perinatal mental health services.

Rebecca French

Rebecca is the Scotland coordinator of the Maternal Mental Health Alliance's 'Everyone's Business' Campaign, which supports the development of specialist perinatal mental health services across the UK. She is also working with MMHA member, Aberlour, to promote the development of their work to support pregnant women and new mothers who are affected by substance use. As a Trustee for Hemat Gryffe Women's Aid, she supports staff providing refuge and outreach services to BAME women and children experiencing domestic violence, honour-based abuse and forced marriage. She has previous experience as a communications and funding manager for a rape and sexual abuse centre, and for a time was based in Brussels in a variety of different communications roles.

Presentation Abstract: An introduction to the work of the Maternal Mental Health Alliance, its membership and its flagship 'Everyone's Business' campaign, which calls for all women throughout the UK who experience a perinatal mental health problem to receive the care and support they and their families need, wherever and whenever they need it. A key focus will be on how we are bringing together members and other stakeholders across Scotland to strengthen our collective voice and influence policy, particularly ahead of next year's general election.

**WE LOOK FORWARD TO
WELCOMING YOU TO THE
EVENT.**