

Faculty of Eating Disorders Annual Conference 2025: Novel Treatments, Guidelines and Policies in Eating Disorders

Date: Tuesday 25 and Wednesday 26 November 2025

Venue: Royal College of Psychiatrists, London, E1 8BB (and livestreamed for online delegates via EventsAir)

Tuesday 25 November 2025 Day 1	
Time	Session
8.30am	Delegate registration
9.10am	<p>Welcome to the conference Dr Ashish Kumar, Chair of the Faculty of Eating Disorders, RCPsych, Clinical Director, CAMHS, Mersey Care NHS Foundation Trust</p>
9.30am	<p>Plenary 1 – Research update Chair: Dr Hubertus Himmerich, Academic Secretary, Faculty of Eating Disorders, RCPsych, Reader at the Institute of Psychiatry, Psychology & Neuroscience at King's College London</p> <p>Exploring the association between autistic traits, attention-deficit-hyperactivity-disorder and eating disorders in a UK birth cohort Dr Jessica Eccles, Consultant Liaison Psychiatrist, Sussex Neurodevelopmental Service, SPFT</p> <p>Early findings from the MINDED trial of combined mindfulness training and transcranial direct current stimulation in adults with obesity. Miss Manar Ageeli, Centre for Research in Eating and Weight Disorders (CREW) Kings College London</p> <p>Anorexia Nervosa: Comparison of Refeeding Rates in Adults. Protocol for an RCT Dr Julia Deakin, Consultant Psychiatrist in Eating Disorders, Cambridgeshire and Peterborough Foundation Trust (CPFT)</p> <p>Discussion and Q+A</p>
10.30am	Refreshment break

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11.00am	<p>Plenary 2 – Making Data Count - How to Use Data to Understand and Improve UK Eating Disorder Services</p> <p>Chair: Dr Agnes Ayton, Vice Chair of the Faculty of Eating Disorders, RCPsych, Consultant Psychiatrist and Clinical, Director HOPE PC Oxford Health NHS FT</p>
	<p>What data reveals about UK eating disorder services</p> <p>Mr Stephen Watkins, Chartered Institute of Public Finance and Accountancy</p>
	<p>Bringing the Data Alive to Improve Patient Care</p> <p>Dr Asif Bachlani, Consultant Adult Psychiatrist, Priory-Median</p>
	<p>The National Audit of Eating Disorders in England - using routine data to improve care</p> <p>Professor Dasha Nicholls, Professor of Child & Adolescent Psychiatry, Imperial College London</p>
	<p>Case study from HOPE provider collaborative</p> <p>Dr Agnes Ayton, Vice Chair of the Faculty of Eating Disorders, RCPsych, Consultant Psychiatrist and Clinical, Director HOPE PC Oxford Health NHS FT</p>
	<p>The Eating Disorders Clinical Research Network (EDCRN)</p> <p>Dr Karina Allen, Clinical Psychologist, South London and Maudsley NHS Foundation Trust</p>
	<p>Discussion and Q+A</p>
1.00pm	<p>Lunch (Ground floor, Members Area) and Eating Disorders Faculty AGM from 1.15pm (Room 1.6)</p> <p>This meeting is for in-person delegates only. The AGM will not be live-streamed and/or recorded.</p>
1.45pm	<p>Plenary 3 – Long Standing and Severe Eating Disorders</p> <p>Chair/s: Dr Ashish Kumar, Chair of the Faculty of Eating Disorders, RCPsych, Clinical Director, CAMHS, Mersey Care NHS Foundation Trust and Dr Maria Livanou, Senior Lecturer in Child and Adolescent Psychology, Kings College London</p>
	<p>The historic underpinnings of a severe longstanding eating disorder</p> <p>Professor Janet Treasure OBE, Professor of Psychiatry, IoPPN, Kings College London, Consultant Psychiatrist at South London and Maudsley NHS Foundation Trust</p>
	<p>Thematic approach Evidence on Long Standing and Severe Eating Disorders</p> <p>Miss Jun Yi Teh, Ms Francesca Marshall, Ms Marta Marlais, Department of Psychology, Institute of Psychiatry, Psychology and Neuroscience London, School of</p>

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	Mental Health & Psychological Sciences, Department of Psychology, King's College London
	<p>Patient and Carer's perspective on care provision for Long Standing and Severe Eating Disorders</p> <p>Ms Sheila Boniface, RCPsych Carer Representative, Faculty of Eating Disorders, and Ms Hannah Hickinbotham, RCPsych Patient Rep, Faculty of Eating Disorders</p>
	<p>Mental and Physical Health Sequele of Untreated or Undertreated Long Standing and Severe Eating Disorders</p> <p>Dr Maria Livanou, Senior Lecturer in Child and Adolescent Psychology, Kings College, London</p>
	Discussion and Q+A
3.00pm	Break
3.30pm	<p>Keynote presentation: From personalised to precision treatment</p> <p>Chair: Professor Janet Treasure OBE, Professor of Psychiatry, IoPPN, Kings College London, Consultant Psychiatrist at the South London and Maudsley NHS Foundation Trust</p>
	<p>From personalised to precision treatment</p> <p>Professor Ulrike Schmidt, Professor of Eating Disorders, King's College London</p>
	Discussion and Q+A
4.15pm	<p>Plenary 4 – ADHD and Eating Disorders: Presentation, Assessment, and Management</p> <p>Chair: Dr David Ochando, Consultant Psychiatrist, Community Children's Eating Disorders Service, Manchester University NHS Foundation Trust</p>
	<p>ADHD and Eating Disorders: What do we know so far?</p> <p>Dr David Ochando, Consultant Psychiatrist, Community Children's Eating Disorders Service, Manchester University NHS Foundation Trust</p>
	<p>Dr Shruthi Bhaskar, Trainee Child and Adolescent Psychiatrist, Lancashire and South Cumbria NHS Foundation Trust</p>
	<p>Developing an ADHD pathway within a community eating disorder service for adolescents</p> <p>Mrs Johanne Williams, Manchester Foundation Trust - Community Eating Disorders Service</p>

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	Ms Gill Wales, Registered General and Sick Children's Nurse - RGN/RSCN
	<p>Understanding the experiences of young people with ADHD and eating disorders</p> <p>Mrs Molly Caine, Service Lead, Manchester University NHS Foundation Trust Community Eating Disorders Service</p> <p>Miss Anna Beck, Eating Disorder Practitioner, Manchester University NHS Foundation Trust Community Eating Disorders Service</p>
	Discussion and Q+A
5.30pm	End of Day 1

Wednesday 26 November 2025 | Day 2

Time	Session
8.30am	Delegate registration
9.10am	<p>Welcome to the conference</p> <p>Dr Ashish Kumar, Chair of Faculty of Eating Disorders, the Royal College of Psychiatrists, Clinical Director, CAMHS, Mersey Care NHS Foundation Trust</p>
9.15am	<p>Address by the RCPsych Dean (online presentation)</p> <p>Professor Subodh Dave, RCPsych</p>
9.25am	<p>Plenary 5 - Recovery is collaborative, not linear</p> <p>Chair: Dr Amy Green, Consultant Psychiatrist in Eating Disorders, Lotus ward Priory Hospital Bristol</p>
	<p>My patients, my teachers; a psychiatrist's reflections on co-production</p> <p>Dr Amy Green, Consultant Psychiatrist in Eating Disorders, Lotus ward Priory Hospital Bristol</p>
	<p>Peer Support; the journey from patient to partnership</p> <p>Mr Joshua Gibson</p>
	<p>From restoration to transformation; Becoming an agent of change</p> <p>Miss Caitlyn Buffrey, The Priory Group</p>
	Discussion and Q+A

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10.30am	Break
11.00am	<p>Plenary 6 – Clinical, Ethical, and Legal Dilemmas When Patients Refuse Treatment Chair: Dr Ashish Kumar, Chair of Faculty of Eating Disorders, the Royal College of Psychiatrists, Clinical Director, CAMHS, Mersey Care NHS Foundation Trust</p> <p>Euthanasia and Mental Illness: Status and Controversies Professor Eric van Furth, Department of Psychiatry, Leiden University Medical Center, Leiden, the Netherlands</p> <p>Eating Disorders and Assisted Deaths Chelsea Roff, Executive Director of Eat Breathe Thrive</p> <p>Eating Disorders and the Court of Protection: An Update Dr Oliver Lewis, Barrister, Doughty Street Chambers</p> <p>Trends and Outcomes of Compulsory Treatment in Anorexia Nervosa Dr Agnes Ayton, Clinical Director, HOPE Provider Collaborative; Vice Chair, Faculty of Eating Disorders</p> <p>Discussion and Q+A</p>
12.30pm	Lunch
1.15pm	<p>Musical composed and performed by Lydia Adams Chair: Dr Katie Au, Central and Northwest London NHS Foundation Trust</p> <p>Finding Lydia - A Journey Through Recovery Lydia Adams</p>
1.30pm	<p>Plenary 7 – Eating Disorders from Different Perspectives Chair: Dr Hubertus Himmerich Academic Secretary, Faculty of Eating Disorders, The RCPsych, Reader at the Institute of Psychiatry, Psychology & Neuroscience at King's College London</p> <p>Glucagon-Like Peptide 1 Receptor Agonists and Mental Health: A Systematic Review and Meta-Analysis Dr Aureliane Pierret, Imperial College London</p> <p>Parental Accommodation: Impact on Recovery of Patients with Eating Disorders Dr Ashish Kumar, Chair of the RCPsych Faculty of Eating Disorders</p> <p>Understanding experiences of training in eating disorders, attitudes towards treatment of eating disorders and perceptions of eating disorders psychiatry as a career among core psychiatry trainees Dr William Waugh, Central and Northwest London NHS foundation trust</p>

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	<p>Neurodiversity and eating disorders from a lived-experience perspective (online presentation) Emily Nuttall, Zuzanna Gajowiec and Deirdre Reddan</p> <p>Discussion and Q+A</p>		
2.45pm	Break		
3.15pm	<p>Keynote presentation: Psychiatric Perspectives on PTSD and Its Variations in the Assessment and Treatment of Eating Disorders Chair: Dr Lisa Mukherjee, Academic Secretary, Faculty of Eating Disorders, The RCPsych, Consultant Child Psychiatrist</p> <p>Psychiatric Perspectives on PTSD and Its Variations in the Assessment and Treatment of Eating Disorders (virtual presentation) Professor Timothy D Brewerton, Department of Psychiatry and Behavioral Sciences, Medical University of South Carolina, Charleston, SC USA</p>		
4.00pm	<p>Workshops/Focus Groups Choice of 3 parallel sessions</p>		
	<p>Workshop 1: LEAG: Food for thought Room 1.6* Chair: Dr Lisa Mukherjee</p> <p>Peanuts, Power and Possibilities Katherine Eastham, Northeast and North Cumbria AED Provider Collaborative Lived Experience Advisory Group (LEAG), Service User.</p> <p>ED Myth Busters Becky Jones and Anne Teasdale, Lived Experience Representatives</p>	<p>Workshop 2: Music, Dance and Singing groups Staff auditorium, Lower Ground Floor* Chair: Dr Hubertus Himmerich</p> <p>Stage & Self: Do Music & Performing Arts promote well-being or contribute to eating disorders Mrs Sheila Boniface, Carer Representative - Faculty of Eating Disorders</p> <p>Ms Harriet Phillips, Miss Matilde Rahtz (Nurse), Dr Camilla Day (Consultant Psychiatrist, SLAM) and Dr Hubertus Himmerich</p>	<p>Workshop 3: PARALEL - Post-Admission Relapse Prevention and Liaison Enhancing Local Services Room 1.7 Chair: Dr Agnes Ayton</p> <p>Dr Matthew Cahill, Cheshire and Wirral Partnership NHS Foundation Trust</p> <p>Mrs Mandy Eardley, Occupational Therapist</p> <p>Dr Jessica Nuttall, CAMHS Higher Trainee (ST4), North West</p>

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	*Please note that this workshop will not be livestreamed and/or recorded	*Please note that this workshop will not be livestreamed and/or recorded	
5.30pm	Closing remarks and prize giving Dr Ashish Kumar, Chair of the RCPsych Faculty of Eating Disorders		
5.45pm	Conference end		

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