

Faculty of Eating Disorders Annual Conference

Working Together to Improve Care for Eating Disorder Patients

When: Thursday 19 – Friday 20 November 2026

Where: In-person (Spaces at the Spine, Liverpool) / Live-streamed via EventsAir

Thursday 19 November	
8.30am - 9.00am	In-person registration
9.00am- 9.30am	Conference welcome and introductions Chair: Dr Ashish Kumar, Chair, Faculty of Eating Disorders, Royal College of Psychiatrists. Clinical Director, CAMHS, Mersey Care NHS Foundation Trust
9.00am- 9.10am	Welcome and introductions from the Faculty Chair Dr Ashish Kumar
9.10am- 9.30am	Welcome keynote from the President of the RCPsych Professor Subodh Dave, President, Royal College of Psychiatrists
9.30am- 10.45am	Plenary 1: Biological Therapies for Eating Disorders - A Research Update Chair: Professor Ulrike Schmidt, Professor of Eating Disorders at King's College London. Consultant Psychiatrist, South London and Maudsley NHS Foundation Trust
9.30am- 9.50am	A qualitative study on patients' experience of refeeding to inform an RCT Dr Julia Deakin, Addenbrooke's Hospital, Cambridge
9.50am- 10.10am	Personalised virtual reality support for adults with anorexia nervosa: the OASIS feasibility study protocol Ms Wafa Alharbi, King's College London
10.10am- 10.30am	The RAISE trial of intermittent theta-burst stimulation in young people with anorexia nervosa Professor Ulrike Schmidt
10.30am- 10.45am	Q&A
10.45am- 11.15am	Morning refreshments and poster viewing

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11.15am-12.30pm	Plenary 2: Navigating the Intersection of Binge-Spectrum Disorders and Weight Management: Clinical Epidemiology to Emerging Therapeutics Chair: Professor Dasha Nicholls, Professor of Child and Adolescent Psychiatry, Imperial College London
11.15am-11.30am	Binge Eating Disorder and Bulimia Nervosa identification and management in adults: What does it look like in primary care? Dr Stella Kozmér, Trainee Clinical Psychologist, Department of Experimental Psychology, University of Oxford & Oxford Health NHS Foundation Trust
11.30am-11.45am	The impact of weight management interventions on eating disorder risk in adolescent and adult participants in obesity trials: Findings from the EDIT collaboration Professor Dasha Nicholls
11.45am-12.00pm	Can benefit be separated from harm? GLP-1 receptor agonists in binge-spectrum eating disorders: evidence synthesis and a case study in bulimia nervosa Anja Marit Ragnhildstveit, PhD Student in Psychiatry, School of Clinical Medicine, Department of Psychiatry, University of Cambridge
12.00pm-12.15pm	The future of psychopharmacology, neuromodulation and neurofeedback for binge spectrum eating disorders Professor Hubertus Himmerich, Professor of Biological Psychiatry in Eating Disorders, Centre for Research in Eating and Weight Disorders (CREW), King's College London
12.15pm-12.30pm	Q&A
12.30pm-1.15pm	Lunch and poster viewing
1.15pm-1.55pm	Keynote presentation: Advances in Cognitive-Behavioural Therapy for Eating Disorders (CBT-ED) Chair: Professor Hubertus Himmerich
1.15pm-1.40pm	Advances in Cognitive-Behavioural Therapy for Eating Disorders (CBT-ED) Professor Glenn Waller, University of Warwick, Coventry
1.40pm-1.55pm	Q&A
1.55pm-2.20pm	Plenary 3: Accessibility of Eating Disorders Services for Black Youth Chair: Dr Lisa Mukherjee, Academic Secretary, Faculty of Eating Disorders, RCPsych. Consultant Child Psychiatrist

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1.55pm- 2.10pm	Accessibility of Eating Disorders Services for Black Youth Dr Chukwuemeka Nwuba, Director and Co-Founder of Club Majority. Author, <i>Eating Disorders Don't Discriminate</i>
2.10pm- 2.20pm	Q&A
2.20pm- 2.45pm	Afternoon refreshments and poster viewing
2.45pm- 3.55pm	Plenary 4: New Perspectives on Eating Behaviour, GLP-1 Biology, and Lived Experience Chair: Professor Alejandra Tomas Catala, Professor & Head of Section of Cell Biology and Functional Genomics, Imperial College London
2.45pm- 3.00pm	Introduction into the topic Professor Alejandra Tomas Catala
3.00pm- 3.15pm	Functional neuroimaging biomarkers associated with binge-eating behaviours and examine the potential of GLP-1 therapies Professor Tony Goldstone, Clinical Professor in PsychoNeuroEndocrinology, Department of Brain Sciences, Imperial College London
3.15pm- 3.30pm	Functional characterisation of GLP-1 and GLP-2 receptor variants associated with eating disorders Ms Yusman Manchanda, PhD student, Department of Metabolism, Digestion and Reproduction, Imperial College London
3.30pm- 3.45pm	How lived experience can reshape research priorities, clinical understanding, and healthcare policy Ms Paige Gordon, author and advocate focused on eating-disorder awareness, research, and policy reform
3.45pm- 3.55pm	Q&A
3.55pm- 4.00pm	Movement break
4.00pm- 5.00pm	Parallel sessions <i>Please choose one of the below two sessions to attend.</i>
4.00pm- 5.00pm	Parallel session A - Roundtable discussion on National Strategy on Eating Disorders: Shaping the Future of Eating Disorder Psychiatry Chair- Dr Ashish Kumar Panellists: - Professor Subodh Dave

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	- Dr Wendy Burn, Specialist Education Advisor, Workforce Training and Education, NHS England - Professor Ulrike Schmidt - Professor Dasha Nicholls - Dr Arun Chidambaram, CMO, Greater Manchester Mental Health NHS Foundation Trust - Dr Stephen Watkins, Associate Non-Executive Director, Lancashire and South Cumbria NHS Foundation Trust - Dr Jon Van Niekerk, Chair, Faculty of General Adult Psychiatry - Ms Vanessa Longley, CEO, BEAT - Ms Bella Reed, FEAST Rep - Dr Agnes Ayton, Vice-Chair, Faculty of Eating Disorders, RCPsych
4.00pm-5.00pm	Parallel session B: Are we changing practice or just vocabulary? Would a neurodivergent person with an eating disorder experience your service as affirming? *Please note that this session will not be live streamed and/or recorded Chair: Professor Hubertus Himmerich Speakers: - Emily Nuttall - Zuzanna Gajowiec - Deirdre Reddan
5.00pm	End of day 1

Friday 20 November	
8.30am - 9.00am	In-person registration
9.00am-9.35am	Welcome and 'Looking to the Future' Chair: Dr Ashish Kumar, Chair, Faculty of Eating Disorders, RCPsych. Clinical Director, CAMHS, Mersey Care NHS Foundation Trust
9.00am-9.05am	Welcome and housekeeping Dr Ashish Kumar
9.05am-9.20am	Training and Education for Psychiatrists: Impact on Workforce and Services Professor Nandini Chakraborty, Dean, Royal College of Psychiatrists
9.20am-9.35am	Setting-up Credential Training for Eating Disorders: Hope for the Future Dr Wendy Burn, Former President of the Royal College of Psychiatrists 2017-2020. Specialist Education Advisor, Workforce Training and Education, NHS England

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9.35am-10.30am	Keynote presentation: Autistic Traits in Patients with Anorexia Nervosa Treated with Intensive Enhanced Cognitive Behaviour Therapy (CBT-E): Outcome from A Prospective Cohort Study Chair: Dr Lisa Mukherjee, Academic Secretary, Faculty of Eating Disorders, RCPsych. Consultant Child Psychiatrist
9.35am-10.05am	Autistic Traits in Patients with Anorexia Nervosa Treated with Intensive Enhanced Cognitive Behaviour Therapy (CBT-E): Outcome from A Prospective Cohort Study Dr Riccardo Dalle Grave, Director Department of Eating and Weight Disorders, Villa Garda Hospital, Italy
10.05am-10.30am	Q&A
10.30am-11.00am	Morning refreshments and poster viewing
11.00am-12.30pm	Parallel sessions <i>Please choose one of the below two sessions to attend.</i>
11.00am-12.30pm	Parallel session C: Interventions for Severe and Longstanding Eating Disorders Chair: Dr Ashish Kumar Specialized, integrative treatment for long-standing eating disorders: Early Insights and Implications Professor Fernando Fernandez-Aranda, Director of Eating Disorders Unit, University of Barcelona Key features of illness and treatment experiences in longstanding anorexia nervosa: outcomes from qualitative descriptive study Dr Laura Kiely, Adjunct Research Fellow, School of Medicine, Western Sydney University, NSW, Australia
11.00am-12.30pm	Parallel session D: Management of Bone Health in Eating Disorders *Please note that this session will not be live streamed and/or recorded Chair: Dr Caroline Reynolds, Consultant Psychiatrist in Eating Disorders; Cumbria Northumberland Tyne and Wear NHS Foundation Trust Speakers: • Dr Caroline Reynolds • Dr Leila Lundean, Specialist GP, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

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	Dr Yaasir Mamoojee, Consultant Endocrinologist; Newcastle Hospitals Foundation Trust
12.30pm-1.15pm	Lunch and poster viewing Please note that the Faculty of Eating Disorders AGM will be taking place during the lunch break from 12.40pm-1.05pm (room TBC, in-person attendees only)
1.15pm-1.45pm	Plenary 5: Research Bursary Presentation Chair: Dr Agnes Ayton, Vice Chair of the Faculty of Eating Disorders, RCPsych Consultant Psychiatrist and Clinical, Director HOPE PC, Oxford Health NHS FT
1.15pm-1.35pm	Developing a Patient-Centred Model of Eating Disorder Teaching for Undergraduate Medical Students Dr Eleanor Morris, Research bursary winner
1.35pm-1.45pm	Q+A
1.45pm-2.40pm	Plenary 6: National Confidential Inquiry into Suicide and Safety in Mental Health (NCISH) Chair: Professor Nav Kapur, Professor of Psychiatry and Population Health at the University of Manchester. Director of the UK's National Confidential Inquiry into Suicide and Safety in Mental Health. Honorary Consultant Psychiatrist, Mersey Care NHS Foundation Trust
1.45pm-2.05pm	Suicide Prevention and Eating Disorders - A Neglected Area? Professor Nav Kapur
2.05pm-2.20pm	Adverse Outcomes in Eating Disorders: What Population Data Tell Us About Risk and Unmet Need Dr Catherine Morgan, University of Manchester and Dr Rachel Elvins, Consultant Child and Adolescent Psychiatrist, Galaxy House, Manchester University Hospitals NHS Foundation Trust, ED-S-SAC Chair, RCPsych
2.20pm-2.40pm	Q&A
2.40pm-3.00pm	Afternoon refreshments and poster viewing
3.00pm-4.00pm	Parallel sessions <i>Please choose one of the below two sessions to attend.</i>
3.00pm-4.00pm	Parallel session E: A relational approach to physical health monitoring Chair: Dr Robert Freudenthal, Consultant psychiatrist, North London NHS Foundation Trust Speakers: - Dr Robert Freudenthal

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	- Dr Sam Atkinson, Higher trainee in general adult psychiatry and medical psychotherapy, North London NHS Foundation Trust
3.00pm-4.00pm	Parallel Session F: Music and Recovery in Eating Disorders *Please note that this session will not be live streamed and/or recorded Chair: TBC Speakers: - Mrs Sheila Boniface, Carers Representative, Faculty of Eating Disorders, RCPsych - Mrs Nicola Hill, Team Manager, CEDS team, Mersey Care NHS Foundation Trust - Expert by experience TBC
4.00pm-4.10pm	Movement break
4.10pm-5.00pm	Plenary 7: Improving Care for Autistic people with eating disorders Chair: Umairah Malik, Research, Advocacy and Engagement Manager, Beat Eating Disorders
4.10pm-4.20pm	Not Designed for Me - Transforming Eating Disorders Support for Autistic People: an overview of Beat's report and recommendations Umairah Malik
4.20pm-4.30pm	What Treatment Missed: Autistic Needs in Eating Disorder Care Saskia, Expert by Experience
4.30pm-4.40pm	Implementation of Neurodiversity Friendly Care in Eating Disorders Professor Kate Tchanturia, Professor of Psychology in ED, MBE, Consultant Clinical Psychologist, Fellow of British Psychological Society, Fellow of Academy of Eating Disorders, King's College London/ South London and Maudsley NHS Foundation Trust
4.40pm-4.50pm	Adapting eating disorder focused family therapy for Autistic children and young people with anorexia nervosa Dr Fiona Duffy, Senior Lecturer at Edinburgh University, Consultant Clinical Psychologist NHS Lothian CAMHS, and Co-Lead of the eating disorders and Autism Collaborative
4.50pm-5.00pm	Q&A
5.00pm-5.15pm	Closing remarks and prize giving Chair: Dr Ashish Kumar
5.00pm-5.15pm	Reflections from the conference and announcement of prize winners Dr Ashish Kumar

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5.15pm

Close of conference

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