

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 from the RCPsych President and launch of the RCPsych Report - 'Closing the Gap: Required Actions to Address the Implementation Gap for Eating Disorder Treatment and Prevention in England' 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

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10.45am-11.15am	Morning refreshments and poster viewing
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, Oxford Institute of Clinical Psychology Training and Research 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, Imperial College London
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 Anya Ragnhildstveit, Department of Psychiatry, School of Clinical Medicine, 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, Professor of Psychology, University of Warwick
1.40pm-1.55pm	Q&A

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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
1.55pm-2.10pm	Accessibility of Eating Disorders Services for Black Youth Dr Chukwuemeka Nwuba, Club Majority
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, Imperial College London
3.15pm-3.30pm	Functional characterisation of GLP-1 and GLP-2 receptor variants associated with eating disorders Ms Yusman Manchanda, Imperial College London
3.30pm-3.45pm	How lived experience can reshape research priorities, clinical understanding, and healthcare policy Ms Paige Gordon, Expert by lived experience
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 Space 1 Chair: Dr Ashish Kumar Panellists:

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	- Professor Subodh Dave - 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, NHS Non-Executive Director, Trustee, Churchill Fellow - Dr Jon Van Niekerk, Chair, Faculty of General Adult Psychiatry - Ms Vanessa Longley, BEAT Eating Disorders - 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? Space 8 & 9 *Please note that this session will not be live streamed or recorded Chair: Professor Hubertus Himmerich Speakers: - Emily Nuttall, Expert by Experience, Trainee Counsellor, Lived Experience and Co-production Lead, Project Worker, Speaker Trainer - Zuzanna Gajowiec, Chair of the Irish Chapter of International Association of Eating Disorder Professionals - Deirdre Reddan, International Association of Eating Disorder Professionals
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

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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, Specialist Education Advisor, Workforce Training and Education, NHS England
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, Villa Garda Hospital, Garda (VR), Italy
10.05am-10.30am	Q&A
10.30am-11.00am	Morning refreshments and poster viewing
11.00am-12.30pm	Plenary 5: Interventions for Severe and Longstanding Eating Disorders Chair: Dr Ashish Kumar
11.00am-11.45am	Specialized, integrative treatment for long-standing eating disorders: Early Insights and Implications Professor Fernando Fernandez-Aranda, Full Professor, University of Barcelona; Director of ED Unit, University Hospital of Bellvitge, Barcelona, Spain
11.45am-12.15pm	Key features of illness and treatment experiences in longstanding anorexia nervosa: outcomes from qualitative descriptive study Dr Laura Kiely, Western Sydney University, Australia
12.15pm-12.30pm	Q&A
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)

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1.15pm-1.45pm	Plenary 6: 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, Tees, Esk and Wear Valley NHS Trust
1.35pm-1.45pm	Q+A
1.45pm-2.40pm	Plenary 7: National Confidential Inquiry into Suicide and Safety in Mental Health (NCISH) Chair: Professor Nav Kapur, Professor of Psychiatry and Population Health, University of Manchester
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 C: A relational approach to physical health monitoring Space 1 Chair: Dr Robert Freudenthal, North London NHS Foundation Trust Speakers: - Dr Robert Freudenthal - Dr Sam Atkinson, Higher trainee in general adult psychiatry and medical psychotherapy, North London NHS Foundation Trust
3.00pm-4.00pm	Parallel Session D: Music and Recovery in Eating Disorders Space 8 & 9 *Please note that this session will not be live streamed and/or recorded Chair: TBC Speakers: - Mrs Sheila Boniface, Carer representative, Faculty of Eating Disorders, RCPsych - Mrs Nicola Hill, Registered Nurse in Learning Disabilities (NMC)

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4.00pm-4.10pm	Movement break
4.10pm-5.00pm	Plenary 8: 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 Howe De La Torre, 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 Ameila Austin, University of Edinburgh
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
5.15pm	Close of conference

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