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 | Spaces at the Spine, Liverpool**
9.00am- 9.30am	**Conference welcome and introductions | Space 1** 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 | Space 1** Chair: Professor Ulrike Schmidt, King's College London
9.30am- 9.50am	**A qualitative study on patients' experience of refeeding to inform an RCT** Dr Julia Deakin, University of Cambridge, Cambridgeshire and Peterborough NHS Foundation Trust
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, UK; Taibah University, Saudi Arabia
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 | The Axis and Space 2**
11.15am- 12.30pm	**Plenary 2: Navigating the Intersection of Binge-Spectrum Disorders and Weight Management: Clinical Epidemiology to Emerging Therapeutics | Space 1** Chair: Professor Dasha Nicholls, Imperial College London

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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** Ms 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, King's College London
12.15pm-12.30pm	**Q&A**
12.30pm-1.15pm	**Lunch and poster viewing | The Axis and Space 2**
1.15pm-1.55pm	**Keynote presentation: Advances in Cognitive-Behavioural Therapy for Eating Disorders (CBT-ED) | Space 1** 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**
1.55pm-2.20pm	**Plenary 3: Accessibility of Eating Disorders Services for Black Youth | Space 1** 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 | The Axis and Space 2**
2.45pm-3.55pm	**Plenary 4: New Perspectives on Eating Behaviour, GLP-1 Biology, and Lived Experience | Space 1** Chair: Professor Alejandra Tomas Catala, Imperial College London

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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** *Please note that this is not a catered break
4.00pm-5.00pm	**Parallel sessions** *Please choose one of the below two sessions to attend.*
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: - 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 - Ms Vanessa Longley, BEAT Eating Disorders - 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 - 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**

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Conference Programme

Friday 20 November	
8.30am - 9.00am	**In-person registration | Spaces at the Spine, Liverpool**
9.00am- 9.35am	**Welcome and 'Looking to the Future' | Space 1** Chair: Dr Ashish Kumar, Chair, Faculty of Eating Disorders, RCPsych. Clinical Director, CAMHS, Mersey Care NHS Foundation Trust
9.00am- 9.10am	**Welcome and housekeeping** Dr Ashish Kumar
9.10am- 9.15am	**Training and Education for Psychiatrists: Impact on Workforce and Services** Professor Nandini Chakraborty, Dean, Royal College of Psychiatrists
9.15am- 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 | Space 1** 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 | The Axis and Space 2**
11.00am- 12.30pm	**Plenary 5: Interventions for Severe and Longstanding Eating Disorders | Space 1** 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	**Longstanding Eating Disorders: Treatment-resistant or is treatment resisting? Exploring the treatment landscape with lived experience** Dr Laura Kiely, Western Sydney University, Australia

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12.15pm-12.30pm	**Q&A**
12.30pm-1.15pm	**Lunch and poster viewing | The Axis and Space 2** Please note that the Faculty of Eating Disorders AGM will be taking place during the lunch break from 12.40pm-1.05pm in Space 8 & 9 (in-person attendees only)
1.15pm-1.45pm	**Plenary 6: Research Bursary Presentation | Space 1** 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) | Space 1** 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 Catharine Morgan, Research Fellow, The Centre for Primary Care, The University of Manchester and Dr Rachel Elvins, Consultant Child and Adolescent Psychiatrist, Manchester University Hospitals NHS Foundation Trust
2.20pm-2.40pm	**Q&A**
2.40pm-3.00pm	**Afternoon refreshments and poster viewing | The Axis and Space 2**
3.00pm-4.00pm	**Parallel sessions** *Please choose one of the below two sessions to attend.*
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

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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 Mrs Nicola Hill, Registered Nurse in Learning Disabilities (NMC)
4.00pm- 4.10pm	**Movement break** *Please note that this is not a catered break
4.10pm- 5.00pm	**Plenary 8: Improving Care for Autistic people with eating disorders | Space 1** Chair: Miss 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** Miss Umairah Malik
4.20pm- 4.30pm	**What Treatment Missed: Autistic Needs in Eating Disorder Care** Miss 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 Clinical Psychology in Eating Disorders
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 | Space 1** 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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