



**Faculty of Eating Disorders  
Psychiatry  
Online Conference  
5-6 November 2020  
#RCPsychED20 @RCPsych**

# Useful Information

## Registration

Please join at 08:55 ready for a prompt start at 09:00

## Poster presentations

We encourage you to view the [gallery of virtual posters](#).

## Twitter

If you wish to tweet about the conference use #RCPsychED20, @RCPsych

## Accreditation

This conference is eligible for one CPD point per hour, subject to peer group approval.

## Certificates of attendance

Certificates of attendance will be emailed to delegates within one week of the conference.

## Speaker presentations

Presentations will be available online within one week of the conference, for up to two months. All delegates will be sent details of this after the conference. Please be aware that these presentations are kindly provided by the speakers but on some occasions, it is not possible to make these publicly available.

## Feedback

We would appreciate your [feedback](#). All comments received remain confidential and are viewed in an effort to improve future meetings.

# Conference Programme

## Thursday 5 November

<b>08:55</b>	<b>On-line</b>
<b>09:00</b>	<b>Welcome to Conference</b> Dr Agnes Ayton, Chair, Faculty of Eating Disorders
<b>SESSION 1</b>	<b>NEW THINKING AND NOVEL TREATMENTS</b>
<b>09:10</b>	<b>What Next for Anorexia Nervosa?</b> <b>Chair: Agnes Ayton</b>
<b>09:10</b>	<b>Repetitive transcranial magnetic stimulation for severe enduring anorexia: Longer term outcomes and potential mechanisms</b> Dr Ulrike Schmidt, King's College London
<b>09:25</b>	<b>Patients' views of psychedelics as a treatment for eating disorders</b> Dr Carol Kan, King's College London
<b>09:40</b>	<b>The Role of Ketamine in Eating Disorder Treatment</b> Reid Robison, MD MBA, Chief Medical Officer, Novamind & Medical Director, Center for Change, U.S (United States)
<b>09:55</b>	<b>Questions</b>
<b>10:10</b>	<b>Anorexia Nervosa: Autoimmunity, Hygiene Hypothesis and Microbiome</b> <b>Chair: Dr Ruth Marshall</b>
<b>10:10</b>	<b>Microbes, molecular mimicry and molecules of mood</b> Dr James Morris
<b>10:50</b>	<b>Questions</b>
<b>11:05</b>	<b>Break and <a href="#">poster viewing</a></b>
<b>11:35</b>	<b>Digital Interventions and Eating Disorders</b> <b>Chair: Dr Samantha Scholtz</b>
<b>11:35</b>	Dr Ilaria Riboldi
	Dr Saman Khan, Consultant in Child and Adolescent Psychiatry, NHS Lanarkshire

12:05	Questions
12:20	Lunch and <a href="#">poster viewing</a>
<b>SESSION 2</b>	<b>SEED – A DIFFERENT PERSPECTIVE</b>
13:00	<b>Severe Enduring Eating Disorders: What We Know and Don't Know from UK Multicentre Studies (SHARED and TRIANGLE)</b> <b>Chair: Dr Anna Conway Morris</b>
13:00	Professor Janet Treasure
	<b>The role of cytokines in Severe Enduring Eating Disorders</b> Dr Hubertus Himmerich
	Dr Johanna Keeler
13:30	<b>How Can CTOs Be Integrated into Care Plans to Improve Outcomes Within Eating Disorders?</b> <b>Chair: Dr Anna Conway Morris</b>
13:30	Rebecca Quinlan
14:00	<b>Growing Hope: Reflections on Recovery from Severe and Enduring Eating Disorders</b> <b>Chair: Dr Georgina Hewes</b>
14:00	Sarah Keith-Roach
14:20	Lorna Collins
14:40	<b>Break</b>
15.10	<b>DILEMA – Decisions involved in Longstanding and Enduring Multi-risk Anorexia Nervosa</b> <b>Chair: Dr Stephen Anderson</b>
15:10	Dr Matthew Cahill
15:35	Dr Jacinta Tan
16:00	<b>CHAired DISCUSSION SESSION</b>

16:35

End of meeting

## Friday 6 November

08:55	On-line
09:00	<b>Welcome to Conference</b> Dr Agnes Ayton, Chair, Faculty of Eating Disorders
<b>SESSION 3</b>	<b>BARRIERS TO RECOVERY AND HOW TO OVERCOME</b>
09:10	<b>Improving Services for People With ARFID: Where Are We Up To?</b> <b>Chair: Dr David Ochando</b>
09:10	Rachel Bryant Waugh
09:50	<b>Questions</b>
10:05	<b>Me and My Best Friend Anorexia, A Story from Rock Bottom to Award Winning Campaigner</b> <b>Chair: Dr Erica Cini</b>
10:05	Hope Virgo
10:45	<b>Questions</b>
11:00	Break and <a href="#">poster viewing</a>
11:30	<b>Type 1 Diabetes and Eating Disorders – A Collaborative Approach to Supporting People with Comorbid Physical and Mental Illness</b> <b>Chair: Dr Rachel Elvins</b>
11:30	Carla Figueiredo
	Dr Helen Partridge, Consultant Diabetologist
12:10	<b>Questions</b>
12:25	Lunch and <a href="#">poster viewing</a>

<b>SESSION 4</b>	<b>IMPROVING OUTCOMES</b>
<b>13:05</b>	<b>KEYNOTE ADDRESS</b> <b>STRIPED Study – Socioeconomic Cost of Eating Disorders in USA</b> <b>Chair: Dr Ashish Kumar</b>
<b>13:05</b>	Professor Bryn Austin, President, Academy of Eating Disorders
<b>13:45</b>	<b>Questions</b>
<b>14:00</b>	<b>Fathers on the Frontline: The Role of Fathers in the Journey to Eating Disorder Recovery</b> <b>Chair: Dr Jacinta Tan</b>
<b>14:05</b>	Dr Belinda Caldwell
<b>14:30</b>	Richard Baker
<b>14:55</b>	<b>Questions</b>
<b>15:10</b>	<b>Break and <a href="#">poster viewing</a></b>
<b>15:35</b>	<b>Scaling Up FREED: New Data and Lessons Learnt</b> <b>Chair: Dr Matthew Cahill</b>
<b>15:35</b>	Dr Ulrike Schmidt
<b>16:10</b>	<b>Questions</b>
<b>16:30</b>	<b>End of meeting</b>

## Speaker biographies and abstracts

### Thursday 5 November

**09:10**  
**What Next for Anorexia Nervosa?**  
**Chair – Dr Agnes Ayton**

**09:10**

**Repetitive transcranial magnetic stimulation for severe enduring anorexia:  
Longer term outcomes and potential mechanisms**

Dr Ulrike Schmidt, King's College London

**Abstract:** Repetitive transcranial magnetic stimulation (rTMS) is a non-invasive brain stimulation method which is widely used in treatment of depression and has shown promise in eating disorders. We conducted a randomised controlled feasibility trial in patients with severe enduring anorexia nervosa (SE-AN), comparing the effects of real rTMS versus sham treatment over a 4-month period. We also conducted an open follow-up at 18 months. Here, the longer-term clinical outcomes (BMI, eating disorder symptoms, mood) and some of the putative underlying mechanisms of action (attention to food, food choices, regional cerebral blood flow) are reported. Findings suggest that rTMS treatment has an early and durable effect on mood and that improvements in BMI and ED symptoms need time to emerge. Large-scale trials are needed.

**Biography:** Ulrike Schmidt, is Professor of Eating Disorders at King's College London and a Consultant Psychiatrist at the Maudsley Hospital. A key focus of her research has been on experimental therapeutics. This work has included development of brief scalable psychological treatments and preventative interventions for eating disorders, and use of novel 'brain-directed treatments', such as non-invasive neuromodulation approaches. She has also developed an outpatient therapy, MANTRA, which is recommended by NICE as a first line treatment for adults with anorexia nervosa. She has led the development of the multi-award winning FREED early intervention programme for eating disorders. She is the recipient of multiple awards, including the 2014 Hilde Bruch Award for Outstanding Achievements in Eating Disorders Research and Treatment and an NHS 70<sup>th</sup> Women Leadership Award. She is also a NIHR Senior Investigator.

**09:25**

**Patients' views of psychedelics as a treatment for eating disorders**

Dr Carol Kan, King's College London

**Abstract:** The conventional treatment for anorexia nervosa is psychological therapy. However, it can have limited impact on weight and/or eating psychopathology in some patients. To further complicate the therapeutic challenge, anorexia nervosa also commonly co-occurs with depression and anxiety. Successfully treating mood can potentially lead to a better quality of life for people with anorexia nervosa. Psychedelics, such as ketamine, have recently attracted interest in the field of mental health. They have been shown to be of benefits in psychiatric conditions common to people with anorexia nervosa, such as depression and obsessive-compulsive disorder. Further clinical trials examining their safety and effectiveness in anorexia nervosa are of particular interest. To design clinical trials and services which are of benefits to patients, a greater understanding of their views on psychedelics is urgently needed. During this presentation, we will present our findings from a web survey designed to examine the views of people with eating disorders on psychedelics as a treatment option.

**Biography:** Dr Kan graduated in medicine from University of Cambridge and Imperial College London. After completing her core psychiatric training at South London & Maudsley NHS Foundation Trust, she was a BRC Preparatory Clinical Fellow, Novo Nordisk Clinical Research Fellow and a NIHR Clinical Lecturer at the Institute of Psychiatry, Psychology & Neuroscience. She is now working as a consultant at Barnet, Enfield and Haringey Mental Health Trust. Her academic interests include predictive modelling, mood disorders and developing novel treatment for people with eating disorders.

**09:40**

### **The Role of Ketamine in Eating Disorder Treatment**

Reid Robison, MD MBA, Chief Medical Officer, Novamind & Medical Director, Center for Change, U.S

**Abstract:** *Not available at time of publishing.*

**Biography:** Reid Robison, MD MBA, is a board-certified psychiatrist who has led over 100 clinical trials in neuropsychiatry. Reid is Chief Medical Officer of Novamind and serves as Medical Director of Center for Change, a top Eating Disorder program. He is currently the coordinating investigator for the MAPS MDMA-assisted Psychotherapy study of Eating Disorders. Reid obtained his first grant to study ketamine in 2011, and also served as Principal investigator of the Utah site for the pivotal ketamine study for TRMDD by Janssen, leading up to the company's recent FDA-approval of Spravato. To date, Reid has guided thousands of ketamine therapy journeys and hundreds of Spravato dosing sessions, and is co-developer of EF-KAP (Emotion-Focused Ketamine-Assisted Psychotherapy) that is currently undergoing clinical trials for Anorexia Nervosa. Reid is adjunct faculty at the University of Utah, founder of the Polizzi Free Clinic, and provides medical support and psychedelic therapy at plant medicine retreats abroad.

**10:10**

### **Anorexia Nervosa: Autoimmunity, Hygiene Hypothesis and Microbiome Chair – Dr Ruth Marshall**

**10:10**

### **Microbes, molecular mimicry and molecules of mood**

Dr James Morris

**Abstract:** “In this lecture I intend to explore the idea that anorexia nervosa is an autoimmune disease in which the development of auto-antibodies to regulatory peptides and neuronal proteins is triggered by molecular mimicry with proteins on the surface of pathogenic bacteria that grow within our bodily tissues [1]. But I also intend to set this hypothesis in a broader context by exploring the way in which the bacteria of the microbial flora can contribute to both mental and physical disease [2]. This will involve the consideration of a mathematical model of autoimmunity based on statistical decision theory [3]. The model helps to explain the age incidence of autoimmune disease and the female excess. It also shows how complex sociological and psychological factors can influence the decision process modifying the response

to bacteria. I hope to stimulate interest in mapping the microbial flora in psychiatric disease, with a quantitative assessment of the load of pathogenic bacteria growing within the tissues. Optimizing the microbial flora could well mitigate the disease process [4]. None of this underplays the role of sociological and psychological factors in disease causation; in fact the opposite; these ideas demonstrate how biological, psychological and sociological factors can interact at a molecular level to cause disease, both mental and physical [5].”

#### References

1. Acres MJ, Heath JJ, Morris JA. Anorexia nervosa, autoimmunity and the hygiene hypothesis. *Medical Hypotheses* 2012; 78: 772 -5.
2. Morris JA, Broughton SJ, Wessels Q. Microbes, molecular mimicry and molecules of mood and motivation. *Medical Hypotheses* 2016; 87: 40 – 43.
3. Morris JA. Autoimmunity; a decision theory model. *J Clin Pathol* 1987; 40: 210 – 5.
4. Morris JA. Optimise the microbial flora with milk and yoghurt to prevent disease. *Medical Hypotheses* 2018; 114: 13 – 17.
5. Morris JA. A cacophony of cytokines explains the biopsychosocial model of mental and physical disease. *Archives Depression and Anxiety* 2018; 4: 56 – 64.

**Biography:** James A Morris matriculated in medical sciences at Pembroke College, Cambridge in October 1966. In the third year of the medical sciences course he studied experimental psychology. He was introduced to information theory and statistical decision theory, which has been a research interest throughout his career. He undertook clinical training in Manchester and then pathology training in Bristol and Leeds. In 1979 he was appointed consultant histopathologist to the Lancaster and Kendal group of hospitals. He retired from full time practice in 2008 and for the last decade has taught anatomy and histology to medical students at Lancaster University. He was active in research throughout his career. He was appointed honorary professor at Lancaster University in 1997 and was president of Manchester Medical Society in 2008. He has over 100 publications, over 2500 citations, a H index of 28, and a Erdos number of 3.

**11:35**

**Digital Interventions and Eating Disorders  
Chair – Dr Samantha Scholtz**

**11:35**

Dr Ilaria Riboldi

**Abstract: Digital interventions and eating disorders: a state-of-the-art review**

**Chair: Dr Samantha Scholtz**

**Dr Ilaria Riboldi**, Consultant in Adult Psychiatry, Milan

**Dr Saman Khan**, Consultant in Child and Adolescent Psychiatry, NHS Lanarkshire

Eating disorders (EDs) are both psychologically debilitating and physically threatening. Approximately 13% of young women and 1.93% to 6% of adults (men 3-3.5%) will meet the criteria for an ED in their lifetime. There are significant barriers to access to treatments, including stigma, shame, costs, and, over time, EDs become more severe and less responsive. Interventions using technologies have the potential to reduce these barriers and the spread of e-Health may help to reach a larger population.

The aim of this session is to present an overview of digital interventions for EDs treatment.

The focus will be on m-Health (mobile technology) and virtual reality (VR).

1. Mobile technology has spread rapidly around the globe. Today, it is estimated that more than 5 billion people have mobile devices. Despite existing risks and challenges, a growing number of apps have been designed to provide therapeutic assistance, either as a stand-alone platform or in conjunction with conventional therapy. Even if a smartphone platform is not as effective as face-to-face treatment, it has the potential to produce improvement in symptoms by making treatment interactive and increasing adherence to recommendations outside the therapeutic office. Self-monitoring, one of the core drivers of behavior change in CBT-E, could be enhanced if completed via smartphone and mobile devices could also provide in-the-moment interventions directly during times of need.
2. Virtual reality refers to interactive computer simulations and interactions through the senses that give participants the feeling of being immersed in the simulation. Several lines of evidence suggest that VR associated to cognitive behavioral techniques showed their potential utility in improving body image disturbances, motivation for change, self-esteem, and in reducing binge eating and purging behavior.

**Biography: Dr Ilaria Riboldi** is a Consultant in General Adult Psychiatry carrying out her clinical activity in one of the main hospitals in Milan working in an acute care department. She is attending a dual PhD in Neuroscience at the University of Milano Bicocca and the University of Surrey, Guildford, UK. She is involved in several research projects on the relationship between biomarkers and mental diseases. She works as the Italian delegate of the European Federation of Psychiatric Trainees.

She has developed a great deal of experience and interest in eating disorders' assessment and treatment during her internship in Italy and at Maudsley Hospital in London. She has a lot of international experiences including a period as visiting trainee for NHS Greater Glasgow and Clyde CAP programme at Barrhead Health and Care Centre, Scotland.

Dr Saman Khan, Consultant in Child and Adolescent Psychiatry, NHS Lanarkshire

**Abstract:** *Not available at time of publishing.*

**Biography: Dr Saman Khan** is a Consultant Child & Adolescent Psychiatrist working in South Lanarkshire as a community psychiatrist. She is an Educational supervisor and also the Local Programme Lead for Higher training in Child & Adolescent Psychiatry. She is also registered with the European Federation of Psychiatric Trainees. Dr Khan gained her MBChB from Glasgow University and completed her Higher Training in the West of Scotland.

**13:00**

**Severe Enduring Eating Disorders: What We Know and Don't Know from UK Multicentre Studies (SHARED and TRIANGLE)**

**Chair – Dr Anna Conway Morris**

**13:00**

Professor Janet Treasure

**Abstract:** *Not available at time of publishing.*

**Biography:** Professor Janet Treasure is a world-leading clinical and academic psychiatrist in eating disorders who works at Kings College London and the South London and Maudsley Hospital. She is fellow of the AED, Associate editor of European Eating Disorders Review, leadership Research Award, and Hilde Bruch Lecture Award-2016 (University of Tübingen, Germany). He is currently president of the Eating Disorders Research Society (EDRS) and Co-Chair of the ED Section of the European Psychiatric Association.

To date, Professor Janet Treasure has 44,626 citations with h-index of 115. She has been a principal investigators on several multi-centre studies in eating disorders and a coinvestigator on many international studies. She has mentored over 60 PhD students and numerous clinicians. She has been a member of the NICE committee for the guidelines of eating disorders twice (2004,2017) and is on the member of the committee for MARSIPAN guidelines. She is leading a European project on the value of treatment. She has written numerous books on eating disorder in particular she has cowritten books and other materials with people with lived experience. She has pioneered a collaborative approach of working with patients and their families.

**The Role of Cytokines in Severe Enduring Eating Disorders**

Dr Hubertus Himmerich

**Abstract:** *Not available at time of publishing.*

**Biography:** Since 2015, Professor Dr med. Hubertus Himmerich is a Clinical Senior Lecturer in Eating Disorders at King's College London and a Consultant Psychiatrist on an inpatient ward and a day-care service for patients with eating disorders at the Bethlem Royal Hospital in London, South London and Maudsley NHS Foundation Trust. After studying medicine, he received his scientific and clinical training at the Max-Planck-Institute of Psychiatry in Munich and the Universities of Mainz and Marburg, Germany. In 2009 he was appointed Professor for Neurobiology of Affective

Disorders at the University of Leipzig, Germany. His scientific focuses include appetite regulation, psychoimmunology and military mental health. He has led and performed national and international scientific projects with researchers from Europe, Australia and North America, and has published more than 150 articles in peer-reviewed scientific journals, books and book chapters.

Dr Johanna Keeler

**Abstract:** *Not available at time of publishing.*

**Biography:** Johanna Keeler, Bsc, is a Medical Research Council funded PhD student working in the Section of Eating Disorders at King's College London. She is primarily interested in neurobiological models of Anorexia Nervosa, with a particular focus on mediators of the severe-enduring state. Her other research interests include psychedelic treatment for chronic mental health conditions and inhibitory control in binge-type eating disorders. Johanna (who has lived experience of Anorexia Nervosa) founded the "Eating Difficulties Peer Support Group" at the University of Exeter, where she now teaches on eating disorders as a guest lecturer.

**13:30**

### **How Can CTOs Be Integrated into Care Plans to Improve Outcomes Within Eating Disorders?**

**Chair – Dr Anna Conway Morris**

**13:30**

Rebecca Quinlan

**Abstract:** We will explore the potential use of CTOS as an aspect of care planning in eating disorder (ED) treatment. As part of this, findings from a recent study investigating the experiences of CTO use from patients, clinicians and carers perspectives within ED services will be discussed. We will then reflect on how this knowledge can be used to inform practice and shape the future use of CTOs. Rebecca Quinlan, an Expert by Experience with extensive experience of being on a CTO for her ED, will share her experiences and discuss how the CTO has been effectively integrated into her care plan to help manage her ED.

**Biography:** Rebecca Quinlan has lived experience of anorexia nervosa as both an inpatient and outpatient. Rebecca has experience of being detained under the Mental Health Act and has extensive experience of being on a Community Treatment Order. Rebecca now delivers talks on eating disorders in a range of settings and is an eating disorder campaigner, blogger and vlogger.

**14:00**

### **Growing Hope: Reflections On Recovery From Severe and Enduring Eating Disorders**

**Chair – Dr Georgina Hewes**

**14:00**

Sarah Keith-Roach

**Abstract:** “In my talk this afternoon I would like first of all to trace anorexia through my early years and onwards, I will then focus on the period in my late 30s when my illness took on a savage intensity and I became critically unwell, and from there I will move into my recovery and the blessings of my journey home, deep into my body and into my heart, and my discovery that truly I am a human being, with a heart that feels and cares, and into connection with others. A transformed life truly is possible. The places in my body of deepest sorrow, now given space to utter and breathe and be heard, are also now places of quiet joy inside me. Here I find healing, peace and at homeness. Belonging and community. Lost and now found.

I hope my quiet story of homecoming will give gentle encouragement to anyone still struggling in the isolation and despair of anorexia nervosa. I see your pain and I want you to know that you are lovely and valuable and welcome here. May healing and restoration break into your life too.”

**Biography:** Sarah Helen Keith-Roach was unwell with anorexia nervosa for 30 years before truly committing to embracing her recovery in her early 40s. Six years on she is loving sharing her quiet story of hope and encouragement (on BBC Radio 4 Women's Hour last year), working with Sussex Partnership Foundation NHS Trust as an expert by experience and peer support trainer, and collaborating with Professor Janet Treasure in the TRIANGLE project and in a book. Sarah will begin her four year postgraduate training to become a UKCP registered psychotherapist next year.

Alongside Lorna, Sarah would love to share with the conference delegates her story of hope, her desire to create community and togetherness with those being brave enough to take tentative first steps out of the extreme isolation of SEEDs, and to open up the discussion with you about positive ways forward for patients, carers and clinicians, truly working together to kindle the real possibility of lives transformed. Thank you very much.

**14:20**

Lorna Collins

**Abstract:** “I present my story, from being ‘treatment resistant’ and a ‘revolving door patient’, swinging from admission to admission for nearly 2 decades, to growing hope and finding my extraordinary recovery. I discuss how I was able to make this transition, particularly focusing on the arts and creativity, which helped me imagine, cultivate and sustain my new recovery identity. Now I am a Peer Support Worker with the team who helped me get well (Oxford Health NHS Trust). I help other people who have eating disorders grow their own hope. I consider the role that hope has in bolstering the transition from having a severe and enduring (or any) eating disorder, creating foundations for a brand new life.”

**Biography:** Lorna Collins is a Peer Support Worker with Oxford Health NHS eating disorder service, and she is Patient Representative at the Royal College of Psychiatrists Faculty of Eating Disorders, and the Quality Network for Eating Disorders. She is an active researcher in the field of Arts in Health, beginning from her PhD as a triple

scholar at Jesus College, Cambridge University. During her PhD, Lorna explored how and why art helps us to make sense of ourselves, and the world. She spoke about her story and research in a TEDx Talk ('How Creativity Revived Me'). Lorna is now a member of the steering group of the MARCH Network and the Arts Health Early Career Research Network. Lorna's work with the NHS and the Royal College of Psychiatrists aims to improve and open access to care for people who have eating disorders. An author, she writes articles in a number of newspapers and journals, campaigning to change stigma and discrimination against mental illness.

**15:10**

**DILEMA – Decisions involved in Longstanding and Enduring Multi-risk Anorexia Nervosa**

**Chair – Dr Stephen Anderson and Dr Navjot Bedi**

**15:10**

Matthew Cahill

**Abstract:**

Learning objectives:

1. To consider and discuss the difficult clinical decisions which can arise in treatment of people with longstanding and enduring multi-risk anorexia nervosa;
2. To consider and discuss the difficult ethical issues which can arise in treatment of people with longstanding and enduring multi-risk anorexia nervosa;
3. To consider and critique the draft DILEMA decision-making flowchart which emphasises collaborative patient-centred care and helps clinicians to make clinically sound, legally and ethically well considered and collaborative decisions with and concerning patients with longstanding and enduring multi-risk anorexia nervosa.

Patients with longstanding and enduring, highly risky anorexia nervosa present a difficult challenge to clinicians working in specialist eating disorders. These patients can experience repeated coercive procedures and admissions, and yet be at significant risk of death and have very poor quality of life. There have been 5 legal cases to the English and Welsh Court of Protection concerning such cases, yet there remains little consensus and considerable variation in practice regarding how patients with this profile should be managed.

Four eating disorder psychiatrists have developed the DILEMA decision-making flowchart which we would like to present for discussion and feedback, both from clinicians and from patients and families.

We will actively elicit feedback, questions and comments from participants and hope to have lively discussions. DILEMA incorporates consideration of both mental health and mental capacity legislation. We hope that DILEMA can potentially help clinicians to make collaborative, thoughtful decisions with patients and families in a much more consistent, thorough and respectful way.

**Biography:** Dr Matthew Cahill is a Consultant Psychiatrist who works full time for the Cheshire and Wirral Partnership NHS Foundation Trust Eating Disorder Service. He leads three community clinics and a fourteen bedded eating disorder inpatient unit in the Wirral, covering a population of nearly four million. He is an elected member of the Royal College of Psychiatrists Faculty of Eating Disorders Executive Board, where he also acts as Academic Secretary. He is a member of the North West Regional MARSIPAN (Management of Really Sick Patients with Anorexia Nervosa) Group. He is an honorary lecturer at Liverpool University. He has been invited to be an expert in a number of Court of Protection cases.

Matthew has been treating patients with eating disorders for ten years, and within that time has developed and facilitated training workshops for a range of health professionals and public sector workers.

Matthew treats patients with a range of eating disorders including anorexia nervosa, bulimia nervosa, binge eating disorders amongst others, working in a multidisciplinary approach, sharing skills with dietitians, psychologists, eating disorder practitioners and occupational therapists. He works closely with families and carers of those with eating disorders.

Matthew understands how devastating these disorders can be for the individual, those close to them, and clinicians involved with their care, and he is passionate about sharing his knowledge and experience to help anyone manage these complex illnesses.

**15:35**

Jacinta Tan

**Abstract:** *See above.*

**Biography:** Jacinta Tan is a child and adolescent psychiatrist and medical ethicist. She is also the Welsh representative for the Eating Disorders Faculty of the Royal College of Psychiatrists, and a member of the Royal College's Professional Practice and Ethics Committee. Dr Tan is internationally known for her research on ethics and mental capacity in eating disorders. She has conducted research as varied as ethics of deep brain stimulation for anorexia nervosa, eating disorders in sport, school based preventative work, doctors' attitudes to end of life care and population databank work. Jacinta's vision is to co-develop collaborative interdisciplinary mixed methods research, innovation projects and evidence-based policy with patients, families, academics, policymakers and clinicians. It is her goal that we can directly improve mental healthcare and wellbeing for people across the lifespan in Wales and the UK." Twitter: @DrJacintaTan @CWTCHGwent @CelebrateBody

## Friday 6 November

**09:10**

**Improving Services for People With ARFID: Where Are We Up To?  
Chair – Dr David Ochando**

## 09:10

Rachel Bryant-Waugh BSc MSc DPhil FAED, Lead Clinician ARFID Service, Maudsley Centre for Child and Adolescent Eating Disorders, South London and Maudsley NHS Foundation Trust

**Abstract:** Avoidant restrictive food intake disorder (ARFID) was first introduced as a diagnostic category in DSM-5 in 2013, and subsequently included in ICD-11. ARFID is classified in the same group as anorexia nervosa, bulimia nervosa, and binge eating disorder and is therefore of relevance to all those working with people with eating disorders. Despite growing clinical and research interest in ARFID, specific guidance on treatment and service delivery remains limited. This represents a challenge for clinicians wishing to engage in evidence-based practice. This talk will consist of three main parts:

- an update on the current evidence base for intervention and management of ARFID
- an overview of the recent national ARFID pilot conducted with one community eating disorders service for children and young people (CEDS-CYP) from each of the seven NHS England regions, with learning points emerging from this
- suggestions for next steps towards evidence-based care, with reference to current local/regional initiatives

**Biography:** Rachel is a Clinical Psychologist with over 30 years' experience, specialising in the study and treatment of feeding and eating disorders in children and young people. She has maintained a high level of clinical and research activity throughout this period, most recently focussing on ARFID. She served on the DSM-5 and the ICD-11 workgroups reviewing diagnostic criteria for feeding and eating disorders, was National Clinical Adviser for NHS England's Children and Young People's Evidence Based Treatment Pathway for Eating Disorders, and most recently Clinical and Training Lead for the National ARFID Pilot. Rachel has won national and international awards for her work, in recognition of her contribution to the field of feeding and eating disorders. She has published widely, trains colleagues, and teaches in many countries. She is passionate about ensuring that the voices and experiences of children, young people, parents, carers and other family members are heard, respected and included in efforts to further knowledge and improvement treatment.

## 10:05

**Me and My Best Friend Anorexia, A Story from Rock Bottom to Award Winning Campaigner**  
**Chair – Dr Erica Cini**

Dr Erica Cini: Clinical Team Lead & Consultant Child and Adolescent Psychiatrist for the East London Community Eating Disorder Team for Children and Young People (EL-CEDS-CYP), East London NHS Foundation Trust and Honorary Associate Professor, Course Tutor & Module Lead on the MSc in Eating Disorders and Clinical Nutrition, Nutrition Science Group, Division of Medicine, University College London

## 10:05

Hope Virgo

**Abstract:** *Not available at time of publishing.*

**Biography:** Hope Virgo is the author of *Stand Tall Little Girl*, and a multi award winning international leading advocate for people with eating disorders. Hope helps young people and employers (including schools, hospitals and businesses) to deal with the rising tide of mental health issues which affect one in four people and costs employers between £33 and £42 billion annually. She has been described by Richard Mitchell, CEO of Sherwood Forest Hospital, as "sharing a very powerful story with a huge impact". Hope is also a recognised media spokesperson, having appeared on various platforms including BBC Newsnight, Victoria Derbyshire, Good Morning Britain, Sky News and BBC News.

For four years, Hope managed to keep it hidden, keeping dark secrets from friends and family. But then, on 17th November 2007, Hope's world changed forever. She was admitted to a mental health hospital. Her skin was yellowing, her heart was failing. She was barely recognizable. Forced to leave her family and friends, the hospital became her home. Over the next year, at her lowest ebb, Hope faced the biggest challenge of her life. She had to find the courage to beat her anorexia.

**11:30**

**Type 1 Diabetes and Eating Disorders – A Collaborative Approach to Supporting People with Comorbid Physical and Mental Illness**  
**Chair – Dr Rachel Elvins**

**11:30**

Dr Carla Figueiredo

**Abstract:** It is becoming increasingly recognised that optimum management of Type 1 Diabetes (T1D) requires support for both physical and mental health. Of particular concern is the support available for people with T1D and an Eating Disorder, which is associated with a tripling of the mortality risk. There is a lack of awareness of this dangerous condition amongst healthcare professionals and little evidence available to guide diagnosis and management. Our aim is to share our knowledge of the clinical presentations and risks associated with people living with T1D and an Eating Disorder, and how it is possible for physical and mental health teams to work collaboratively to improve outcomes for patients presenting with comorbid mental and physical health disorders.

**Biography:** Dr Carla Figueiredo is a Consultant Psychiatrist working with the Dorset Healthcare Eating Disorders Service since 2010. She qualified in medicine in South Africa and undertook her specialist training in General Adult Psychiatry in Wessex. Carla has been treating both Adult and Young People with Eating Disorders in an All Age Integrated Eating Disorders Service for the past 7 years. Over the last 18 months, she has been Joint Clinical Lead for the Wessex ComPASSION Pilot looking into the management of people with Type 1 Diabetes and Eating Disorders.

Dr Partridge trained at St Bartholomew's Hospital, London and undertook her first few years in London before moving to Wessex to complete her training in Diabetes and Endocrinology. She then travelled to Toronto, Canada for a Fellowship in Advanced Diabetes Technologies and Therapeutics. She was appointed as a Consultant in Diabetes at Royal Bournemouth Hospital NHS Trust in 2013. She has a keen interest and specialises in Type 1 Diabetes including running the Young Adult Service, the Insulin Pump Service and the Bertie Structured Education Course. In 2016, Dr Partridge lead the team to develop the QISMET accredited [www.Bertieonline.org.uk](http://www.Bertieonline.org.uk) - an award winning free online structured education programme for people with Type 1 Diabetes. She has also co-developed [www.excarbs.com](http://www.excarbs.com) helping people with Type 1 Diabetes to exercise safely and with confidence around their Diabetes. She has published widely and been involved in research around Insulin Pumps and Adjunctive Therapies.

In 2019, Dr Partridge was awarded funding from NHS England to Co-lead a Pilot Clinical Project on Type 1 Diabetes and Disordered Eating.

Dr Helen Partridge, Consultant Diabetologist

**Abstract:** *Above*

**Biography:** Dr Partridge trained at St Bartholomew's Hospital, London and undertook her first few years in London before moving to Wessex to complete her training in Diabetes and Endocrinology. She then travelled to Toronto, Canada for a Fellowship in Advanced Diabetes Technologies and Therapeutics. She was appointed as a Consultant in Diabetes at Royal Bournemouth Hospital NHS Trust in 2013. She has a keen interest and specialises in Type 1 Diabetes including running the Young Adult Service, the Insulin Pump Service and the Bertie Structured Education Course. In 2016, Dr Partridge lead the team to develop the QISMET accredited [www.Bertieonline.org.uk](http://www.Bertieonline.org.uk) - an award winning free online structured education programme for people with Type 1 Diabetes. She has also co-developed [www.excarbs.com](http://www.excarbs.com) helping people with Type 1 Diabetes to exercise safely and with confidence around their Diabetes. She has published widely and been involved in research around Insulin Pumps and Adjunctive Therapies.

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**13:05**

**KEYNOTE ADDRESS**

**STRIPED Study – Socioeconomic Cost of Eating Disorders in USA**

**Chair – Dr Ashish Kumar**

**13:05**

Bryn Austin, President, Academy of Eating Disorders

**Abstract:** The most comprehensive study to date of the social and economic cost of eating disorders in the USA was recently released, and the findings are sobering,

confirming what most eating disorders scientists and experts by experience have likely suspected: Eating disorders take an enormous toll on the economy, estimated to result in USD 64.7 billion in losses to the economy every year, with affected individuals and carers bearing the bulk of that cost burden. The new evidence is compelling, but is it enough to finally trigger robust policy action on the part of government to address eating disorders as a public health priority? No, not on its own, but as part of a larger strategic science approach to policy translation, it is a crucial evidentiary component. In this keynote address, Dr. Austin will present the key findings of this groundbreaking cost-of-illness study of eating disorders in the USA, then step back to offer insights into the rationale and approach of strategic science to catalyze policy action for eating disorders.

**Biography:** Dr S. Bryn Austin is an award-winning researcher, teacher, and mentor. She is Professor in Social and Behavioral Sciences at Harvard T.H. Chan School of Public Health, Professor of Pediatrics at Harvard Medical School and Boston Children's Hospital. She directs the Strategic Training Initiative for the Prevention of Eating Disorders: A Public Health Incubator, based at the Harvard Chan School and Boston Children's Hospital. Dr Austin is Immediate Past President of the Academy for Eating Disorders and Eating Disorders Coalition.

**14:00**

**Fathers on the Frontline: The Role of Fathers in the Journey to Eating Disorder Recovery**  
**Chair – Dr Jacinta Tan**

**14:05**

Dr Belinda Caldwell

**Abstract:** *Not available at time of publishing.*

**Biography:** Belinda Caldwell, CEO, Eating Disorders Victoria Dip App Science (Nursing), Grad Dip (Midwifery), Masters in Public Health

Belinda's professional experience can be best summed up by a passionate commitment to improving health outcomes, either through prevention programs or primary care, and more recently eating disorders treatment.

Prior to joining EDV, Belinda was working at the Victorian Centre of Excellence in Eating Disorders as a Carer Consultant and Project Manager, developing new strategies and resources for effecting greater and more effective carer inclusion in ED treatment models. Alongside that Belinda did part-time consulting in a range of primary care, not for profit and other settings. Before that, Belinda's role as CEO of Australian Practice Nurses Association was driven by the goal of improving health outcomes for primary care consumers through access to a better care from a highly qualified nurse in general practice medical centres.

Belinda was a founding board member and Vice-Chair of Eating Disorders Families Australia. Belinda was also Vice-Chair of the global not for profit Families Empowered and Supporting Treatment of Eating Disorders (FEAST).

Belinda's goals for the future are to continue to be a voice of advocacy and instrument of change in the eating disorders sector in Australia.

**14:30**

Richard Baker

**Abstract:** *Not available at time of publishing.*

**Biography:** Richard has been a FTSE 100 CEO and Chairman, serving as Chairman of Whitbread, the British Retail Consortium, DFS, and Virgin Active. His previous executive roles include Chief Executive of Alliance Boots plc and Chief Operating Officer at Asda. Richard started his career at Mars and holds an Engineering Degree from the University of Cambridge. He lives with his wife of 26 years in Stamford, Lincs, UK. They have two daughters who are at University. Both of his daughters have suffered from anorexia nervosa and thankfully they are both recovering.

**15:35**

**Scaling Up FREED: New Data and Lessons Learnt  
Chair – Dr Matthew Cahill**

**15:35**

Ulrike Schmidt

**Abstract:** *Not available at time of publishing.*

**Biography:** Ulrike Schmidt, is Professor of Eating Disorders at King's College London and a Consultant Psychiatrist at the Maudsley Hospital. A key focus of her research has been on experimental therapeutics. This work has included development of brief scalable psychological treatments and preventative interventions for eating disorders, and use of novel 'brain-directed treatments', such as non-invasive neuromodulation approaches. She has also developed an outpatient therapy, MANTRA, which is recommended by NICE as a first line treatment for adults with anorexia nervosa. She has led the development of the multi-award winning FREED early intervention programme for eating disorders. She is the recipient of multiple awards, including the 2014 Hilde Bruch Award for Outstanding Achievements in Eating Disorders Research and Treatment and an NHS 70<sup>th</sup> Women Leadership Award. She is also a NIHR Senior Investigator.