

14TH INTERNATIONAL



LONDON
EATING DISORDERS
CONFERENCE 2019

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until 10 December 2018

**PUTTING PATIENT AND CARER PERSPECTIVES AT THE
HEART OF EVERYTHING WE DO**

20, 21 & 22 March 2019, QEII Centre, London

Programme Organisers: Rachel Bryant-Waugh (UK) & Ian Frampton (UK)



Follow programme updates on Twitter: **#LEDC2019**

Scientific Adviser: Stephen Touyz (AUS)

Programme Committee: Anna Keski-Rahkonen (FIN), Nadia Micali (SWI/UK),
Eric van Furth (NED), Stephan Zipfel (GER)

www.eatingdisordersconference.com

THE 14TH LONDON INTERNATIONAL EATING DISORDERS CONFERENCE

20TH, 21ST & 22ND MARCH 2019, QEII CENTRE, LONDON

Dear Colleagues,

We are delighted to invite you to our **14th London International Conference on Eating Disorders** in March 2019. We have been holding this conference every two years since 1993, and we are proud of how well established and respected it is in the field.

The 2019 conference will concentrate on the theme of: **Putting patient and carer perspectives at the heart of everything we do**. All of the Opening and Plenary sessions will touch on this theme.

We are delighted that our Opening Introduction to the theme will be given by **Kathryn Pugh**, Children and Young People Mental Health Lead from NHS England. This will be followed by a panel discussion including **Peter Fonagy**, **Anna Keski-Rahkonen** & **Susie Orbach**, facilitated by **Emma Woolf**, Writer, Critic, Journalist and Broadcaster.

We have had an extremely large number of high quality abstracts submitted, and the Programme Committee has selected the best of these for the Concurrent, Short Paper and Poster Sessions. Prizes will be presented to the best Short Paper and Poster Presenters, as voted for by the audience, and prizes will be announced at the conference.

Additionally, the Professor Bryan Lask Rising Star in Research Award will recognise the talent, innovation and expertise of promising new researchers in the field of eating disorders. The winner will be decided by the Programme Committee.

We are delighted to announce that **The Mental Elf** (<https://www.nationalelfservice.net>), André Tomlin and his team of elfin bloggers will be producing a range of blogs, social media, live streaming and podcasts around the conference. Follow **@LondonEDConf** for updates.

For the first time, we will be holding the conference at the prestigious QEII Conference Centre situated in Westminster, directly opposite Big Ben, Westminster Abbey and the London Eye.

We look forward to offering you our personal welcome to London in March 2019.

Very warm regards,

**Dr Rachel Bryant-Waugh
& Dr Ian Frampton**

Conference Chairs & Programme Organisers

PROGRAMME COMMITTEE

Conference Chairs & Programme Organisers

- Rachel Bryant-Waugh (UK)
- Ian Frampton (UK)

Scientific Adviser

- Stephen Touyz (AUS)

Programme Committee

- Anna Keski-Rahkonen (FIN)
- Nadia Micali (SWI/UK)
- Eric van Furth (NED)
- Emma Woolf (UK)
- Stephan Zipfel (GER)

PROGRAMME

PUTTING PATIENT AND CARER PERSPECTIVES AT THE HEART OF EVERYTHING WE DO

Wednesday 20th March

08.00-09.30	Registration and refreshments
09.30-09.45	WELCOME BY CONFERENCE CHAIRS Rachel Bryant-Waugh (UK) , Ian Frampton (UK)
09.45-10.45	CONFERENCE OPENING AND PANEL DISCUSSION Key issues in mental health and their relevance to eating disorders Opening speaker: Kathryn Pugh (UK) , Children and Young People Mental Health Lead, NHS England Panel facilitator: Emma Woolf (UK) , Writer, Critic, Journalist, Broadcaster Panel members: Peter Fonagy (UK) , CEO, Anna Freud Centre for Children and Families, London Anna Keski-Rahkonen (FIN) , Assistant Professor, University of Helsinki Susie Orbach (UK) , Psychotherapist, Psychoanalyst, Writer & Social Critic
10.45-11.15	Refreshments, poster and exhibition viewing
11.15-12.45	PLENARY 1: HARNESSING THE POWER OF FAMILIES AND CARERS CHAIR: Eric van Furth (NED) i) Changing the research agenda through working with patients and families Tessa Richards (UK) , Senior Editor, BMJ ii) Through the lens of lived experience Christine Morgan (AUS) , CEO, Butterfly Foundation for Eating Disorders iii) Update on efficacy of family-based interventions James Lock (USA) , Director, Comprehensive Eating Disorders Program, Lucile Packard Children's Hospital, Stanford
12.45-14.00	Lunch, poster and exhibition viewing
13.00-13.45	LUNCHTIME SESSION Psychodynamic Psychotherapy Specialist Interest Group Moderator: Stephan Zipfel (GER)
14.00-15.30	CONCURRENT SESSION 1 Please choose one session from below (1-5) 1) The Body Project: multi-agency collaboration as a model for implementation Sam Clark-Stone , Frances Clark-Stone , Phillipa Diedrichs , Katerina Kantartzis , Emma Halliwell (UK) 2) Evaluation of a 10-week group food exposure programme ('Flavour School') in adolescents with anorexia nervosa Elizabeth Roberts , Nick Wilkinson (UK) 3) Medical complications of eating disorders: Part 1 Phillip Mehler (USA) 4) Implementation of NHS England's Children and Young People's Eating Disorder Pathway Anne O'Herlihy , Ivan Eisler (UK) 5) "Where is my Supersuit?" How to integrate families and peer support into treatment and recovery Erica Husain , Susan Ringwood (UK)
15.30-16.00	Refreshments, poster and exhibition viewing
16.00-17.30	CONCURRENT SESSION 2 Please choose one session from below (1-5) 1) Sharing heart-felt hope: developing and implementing peer support in an adult community eating disorder service Clare Leather (UK) 2) Medical complications of eating disorders: Part 2 Phillip Mehler (USA) 3) Intensive home treatment for adolescent anorexia nervosa: clinical practice, outcomes and acceptability Sam Clark-Stone , Rachael Tominey , Bryony Holmes , Ian Frampton (UK) 4) How long is enough? Linking expert opinion and empirical evidence on optimum duration of inpatient admission for children and adolescents with anorexia nervosa Sophie Nesbitt , Lucia Giombini (UK) 5) A new cognitive behaviour therapy for adolescents with avoidant /restrictive food intake disorder (ARFID) Sandra Mulkens , Eric Dumont (NED)
17.30-19.30	Official poster viewing and drinks reception

Thursday 21st March

08.00-09.15	Registration, refreshments, poster and exhibition viewing
09.15-10.45	PLENARY 2: MAINTAINING POSITIVITY AND PROMOTING RECOVERY CHAIR: Nadia Micali (SWI, UK) i) Hope as a recovery process Mike Slade (UK), Professor of Mental Health and Social Inclusion, University of Nottingham ii) Empowerment through communication and community / peer support Kerry Mcleod (UK), BEAT Ambassador & Specialist Dietitian iii) Recovery-oriented focus on eating: hope or positive thinking and its impact on ED outcomes Paulo Machado (POR), Professor and President, School of Psychology, University of Minho, Portugal
10.45-11.15	Refreshments, poster and exhibition viewing
11.15-12.45	SHORT PAPER SESSIONS: Please choose one short paper session from below (A-E) Please see session details on pages 5-6 Short paper session A: Biology, Bodies and Brains Short paper session B: Patient and Carer Perspectives Short paper session C: Working with Families Short paper session D: Treatment Interventions Short paper session E: Prevention and Course
12.45-14.00	Lunch, poster and exhibition viewing
13.00-13.30	LUNCHTIME SESSION CBT Panel Discussion Moderator: Glenn Waller (UK)
14.00-15.30	CONCURRENT SESSION 3 Please choose one session from below (1-5) 1) Working with the internal eating disorder voice: An experiential and practice-focused workshop Matthew Pugh, John Fox, Rebecca Hibbs (UK) 2) When too much control becomes the issue: radically open dialectical behaviour therapy (RO-DBT) for adolescents with restrictive eating disorders when family therapy isn't enough Mima Simic, Julian Baudinet, Gladys Ellis (UK) 3) An integrated psychological and behavioural approach to treating compulsive exercise – beyond mindful walking Phillipa Hay (AUS), Caroline Meyer (UK), Stephen Touyz (AUS) 4) Transition care in anorexia nervosa through guidance online from peer and carer expertise (TRIANGLE) Katie Rowlands, Valentina Cardì, Viviana Aya, Janet Treasure (UK) 5) Ten-session cognitive behavioural therapy (CBT): key principles and key techniques Glenn Waller, Hannah Turner (UK)
15.30-16.00	Refreshments, poster and exhibition viewing
16.00-17.30	CONCURRENT SESSION 4 Please choose one session from below (1-5) 1) Avatar therapy in patients with eating disorders: a novel therapeutic approach Viviana Aya, Valentina Cardì, Janet Treasure (UK) 2) Working with adolescents with eating disorders: making FBT and CBT-ED work together Mirin Craig, Glenn Waller (UK) 3) Food for thought: paediatrics and psychiatry working together Ginny Birrell, Sarah Bartlett (UK) 4) Let's talk about sex! An interactive and participative workshop exploring methods to address difficulties with intimacy with adult service users diagnosed with anorexia nervosa Chantal Bailie, Lynn Olver (UK) 5) Severe and enduring anorexia nervosa: from adolescence to adulthood Hubert Lacey (UK), Phillipa Hay, Daniel Le Grange, Stephen Touyz (AUS)
17.30-19.30	Official poster viewing and drinks reception

Friday 22nd March

09.00-09.30	Registration, refreshments, poster and exhibition viewing
09.30-11.00	CONCURRENT SESSION 5 Please choose one session from below (1-5) 1) Treatment providers’ perspectives of working on inpatient units Trine Hage, Øyvind Rø (NOR) 2) The egosyntonic nature of anorexia nervosa: Working with pros and cons and values to enhance treatment outcomes Lucy Serpell, Eva Gregertsen (UK) 3) A bite-sized conversation: solo drama performance and reflection on language and diagnosis Florence Taylor, Ian Frampton (UK) 4) Targeting inhibitory control among individuals with bulimia nervosa and binge eating disorders Rayane Chami, Janet Treasure, Valentina Cardi (UK) 5) Early intervention for young people with emerging eating disorders: The role of a modular CBT programme Laura Fialko, Erica Cini, Ruth Wilson (UK)
11.00-11.30	Refreshments, poster and exhibition viewing
11.30-13.00	CONCURRENT SESSION 6 Please choose one session from below (1-5) 1) The changing landscape: exploring collaboration between clinicians, researchers, patients and carers Anthea Fursland, Shannon Calvert (AUS) 2) Rapid formulation and flexible approach to enhance motivation using brief intervention in eating disorders Nish Dolange (UK) 3) Making sense in eating disorders: How sensory integration theory can be used to support the emotional regulation of young people with eating disorders Thomas Hawksworth, Jessica Moncrieff-Boyd, Pippa Hugo (UK) 4) Long term management of SEED patients: residential SSCM in practice Asha Mootoosamy, Mary Dias, Thomas Chapman, Racheal Baker (UK) 5) Adolescent focused therapy: getting to know the newcomer Cathy Troupp, Jo Holliday (UK)
13.00-14.00	Lunch, poster and exhibition viewing
14.00-15.45	PLENARY 3: TELEMEDICINE, E-HEALTH AND DIGITAL TECHNOLOGY Chair: Stephan Zipfel (GER) i) Digital technologies and mental health Tony Young (UK), National Clinical Lead for Innovation, NHS England ii) Digital healthcare technology: working to empower patients and families affected by mental and physical illnesses Richard Andrews (UK), Chairman and CEO, Healios iii) Technological developments in eating disorders Stephen Touyz, Sarah Maguire (AUS), Inside Out Institute for Eating Disorders, Sydney
15.45-16.00	CLOSING REMARKS
16.00	CLOSE OF CONFERENCE

SHORT PAPER SESSIONS

SHORT PAPER SESSION A:
BIOLOGY, BODIES AND BRAINS

- i) Cyproheptadine as an appetite stimulant in children and adolescents
Sarah Pais, Lee Hudson (UK)
- ii) Psychological correlates of disordered eating in adolescents with type 1 diabetes: Examining risk and protective factors
Ross King, Emanuala Araria, Christel Hendrieckx, Jane Speight, Frans Pouwer (AUS)
- iii) Body composition and menstrual status in anorexia nervosa
Laura Winkler, René Klinkby Stoving (DEN)
- iv) Veganism and eating disorder: what do we need to consider when doing an assessment?
Sarah Fuller, Paola Falcoski (UK)

- v) Exercise addiction and disordered eating in adolescents: development and validation of the Exercise Addiction Inventory for Youth (EAI-Y)
Mia Lichtenstein (DEN)
- vi) Reduced mentalising in patients with bulimia nervosa and borderline personality disorder features: a case-control study
Sofia Sacchetti, Paul Robinson, Alexandra Bogaardt, Ajay Clare, Catherine Ouellet-Courtois, Patrick Luyten, Anthony Bateman, Peter Fonagy (UK)

SHORT PAPER SESSION B:
PATIENT AND CARER PERSPECTIVES

- i) The narrative of severe and enduring anorexia nervosa: what do patients really want us to know about their illness?
Catherine Broomfield, Stephen Touyz, Paul Rhodes (AUS)

ii) **SEED-BN:** bulimia nervosa can also be severe and enduring

Paul Robinson (UK)

iii) **Facilitators and barriers in anorexia nervosa treatment initiation (FABIANA):** A qualitative study on the perspectives of patients, carers and physicians
Denise Kaestner, Bernd Loewe, Ines Buchholz, Angelika Weigel, Ulrich Voderholzer, Romuald Brunner, Antje Gumz (GER)

iv) **The experience and impact of employing a peer support worker role in an inpatient CAMHS eating disorder unit: shifting perspectives on recovery and risk**

Amy Lucas, Deborah Bailey-Rodriguez, Sophie Nesbitt (UK)

v) **Assessing beliefs that maintain binge eating: properties of the eating beliefs questionnaire (EBQ-18) in eating disorder and community samples**

Amy Burton, Deborah Mitchison, Phillipa Hay, Brooke Donnelly, Christopher Thornton, Janice Russell, Christopher Basten, Mandy Goldstein, Jessica Swinbourne, Stephen Touyz, Maree Abbott (AUS)

vi) **Do social eating and meal preparation sessions really help young people with eating disorders?**

Janet Tighe, Amie Andrews (UK)

SHORT PAPER SESSION C: WORKING WITH FAMILIES

i) **Multi-family therapy for bulimia nervosa with adolescents**

Catherine Stewart, Julian Baudinet, Katrina Hunt, Stamatoula Voulgari, Mima Simic (UK)

ii) **Experiences with family admissions: former patients have their say**

Jan-Vegard Nilsen, Trine Wiig Hage, Øyvind Rø, Inger Halvorsen, Hanne Weie Oddli (NOR)

iii) **Evaluation of the implementation of family-based treatment for anorexia nervosa within a child and adolescent mental health service**

Charlotte Oakley, Kerri McPherson (UK)

iv) **Intervention for caregivers of people with eating disorders and applicability in clinics in group – and caregiver sessions**

Margret Gisladdottir (ICE)

v) **Do attachment style, mentalisation and emotion regulation change in adolescents over the course of family therapy for anorexia nervosa?**

Tom Jewell, Alice Bowen, Stephanie Armstrong, Sarah Lampard, Noreen Naz, Alison Eivors, Lucy Serpell, Mima Simic, Peter Fonagy, Ivan Eisler (UK)

vi) **Am I invisible? The lived experience of the siblings of people with an eating disorder**

Genevieve Pepin, Katelyn McGuane (AUS)

SHORT PAPER SESSION D: TREATMENT INTERVENTIONS

i) **Efficacy of a specialised group intervention for compulsive exercise in inpatients with anorexia nervosa: A randomised controlled trial**

Ulrich Voderholzer, Nina Dittmer, Claudia Mönch, Ulrich Cuntz, Corinna Jacobi, Sandra Schlegl (GER)

ii) **Implementation of enhanced cognitive behaviour therapy (CBT-E) for adults with anorexia nervosa in an outpatient eating-disorder unit at a public hospital**

Stein Frostad, Yngvild Danielsen, Guro Rekkedal, Charlotte Jevne, Riccardo Dalle Grave, Øyvind Rø, Ute Kessler (NOR)

iii) **Mirror, mirror on the wall: an RCT evaluating a manualised body image therapy, practical body image with mirror exposure for adolescent inpatients with anorexia nervosa**

Hannah Biney, Sarah Astbury, Sophie Bates, Amanda Beavan, Jessica Grant, Hubert Lacey, Nicola Malone, Rachel Matthews, Professor Morgan, Matt Hutt (UK)

iv) **Improving aftercare with technology for anorexia nervosa after intensive inpatient treatment: a pilot RCT with a therapist-guided smartphone app**

Ulrich Voderholzer, Christina Neumayr, Jenna Tregarthen, Sandra Schlegl (GER)

v) **Components of web-based interventions associated with higher user engagement and improved therapeutic outcome in the treatment of eating disorders**

Sarah Barakat, Stephen Touyz, Sarah Maguire, Kathryn Smith, Ross Crosby (AUS)

vi) **Shortened inpatient stays for children and adolescents with anorexia nervosa: a mixed methods analysis**

Lauren Waples, Sophie Nesbitt, Lucia Giombini, Huw Williams (UK)

SHORT PAPER SESSION E: PREVENTION AND COURSE

i) **Can more young people be 'Happy Being Me'?**

Testing the delivery of a universal body satisfaction program by school staff

Catherine Stewart, Elizabeth Goddard (UK)

ii) **An interactive online tool for parents enabling early identification of an eating disorder**

Rachel Knight, Genevieve Pepin (AUS)

iii) **Exploring the perceived pros and cons of anorexia nervosa in a high-risk sample: Implications for prevention programmes**

Emma Bailey, Ian Frampton, Lucy Serpell (UK)

iv) **Prevention of eating disorders: long-term follow up of dissonance-based intervention delivered via virtual groups**

Ata Ghaderi, Gerhard Andersson, Eric Stice, Johanna Enö-Persson, Elin Kihlgren (SWE)

v) **An overall perspective on the use of a self-monitoring app in eating disorder treatment: Patient and clinician experiences and patient app usage over time**

Pil Lindgreen, Kirsten Lomborg, Loa Clausen (DEN)

vi) **We continue to assess the brains of patients but has neuropsychological research taught us anything about severe and enduring anorexia nervosa?**

Catherine Broomfield, Kristin Stedal, Stephen Touyz (AUS)

CONFERENCE FORMAT

The 3 day conference combines Plenary Sessions, Concurrent Workshop Sessions, Short Papers and Poster Presentations. These will convey the very latest ideas and research findings in the field of eating disorders.

The conference offers participants the choice of one 90 minute workshop from each of the 6 concurrent sessions, so that the programme can be tailored to the interests of each individual.

PLENARY THEMES

- 1) Harnessing the Power of Families and Carers
 - 2) Maintaining Positivity and Promoting Recovery
 - 3) Telemedicine, E-Health and Digital Technology
-

BURSARIES

There are a limited number of free bursary places available. Please email Lisa Freeman: lisa.freeman@markallengroup.com to apply for one of the bursary places. Requests must be received by **Friday 7 December 2018**.

WHO SHOULD ATTEND?

Eating Disorders 2019 will appeal to all medical and healthcare professionals who are interested in the assessment and treatment of people with eating disorders and who would like to learn more about the very latest developments in this field.

This will include:

- Counsellors
 - Dietitians
 - Family Therapists
 - General Practitioners
 - Family Physicians
 - Nurses
 - Occupational Therapists
 - Paediatricians
 - Physicians
 - Psychiatrists
 - Psychologists
 - Psychotherapists
 - Social workers
 - Self help group facilitators
 - Trainees
 - Teachers
 - Youth workers
-

TESTIMONIALS FROM EATING DISORDERS 2017

"Thank you for the opportunity to attend this conference. I have learned so much from the sessions and am excited to take this back to my NHS to discuss and plan how our services could be developed"

"Great conference with experts in the field who are enthusiastic about the work that they are doing with ED"

"I was able to interact with experts in the field and build connections that will help my patients in the future"

"Thank you very much for another inspiring conference"

REGISTER

REGISTER VIA OUR WEBSITE: WWW.EATINGDISORDERSCONFERENCE.COM
OR CONTACT US ON: 020 7501 6768 OR LISA.FREEMAN@MARKALLEGROUP.COM

CONFERENCE FEES

Professors, Consultants, GPs & Industry Representatives

From 29th Sept to 10th Dec 2018:

£980.00 (incl VAT)

After 10th December 2018:

£1230.00 (incl VAT)

All others

From 28th Sept to 10th Dec 2018:

£875.00 (incl VAT)

After 10th December 2018:

£1100.00 (incl VAT)

VENUE

**Queen Elizabeth II Centre
Broad Sanctuary, Westminster,
London, SW1P 3EE**

London Eating Disorders Conference 2019 is being held at the **QEII Centre**, a state of the art conference centre located directly opposite Big Ben, Westminster Abbey and the London Eye.

Within easy access of all London's major airports, superb connections from all mainline rail stations including Victoria, King's Cross, St Pancras (Eurostar) and Euston, just minutes away on foot, and 3 underground stations within 4-15 minutes walk.



ACCOMMODATION INFORMATION

There are a great variety of hotels to choose from in the Victoria area, ranging from 5 star luxury to low cost accommodation. Here are a few options to assist you when making a reservation.

Grange Hotels

Grange Hotels have several hotels throughout London, and are offering a special rate for delegates attending **London Eating Disorders Conference 2019**. To make a reservation please contact Grange Hotels central reservations quoting 'MA Healthcare'.

Tel: +44 (0) 207 233 7888 Email: reservations@grangehotels.com