A training Course for Skills based caring (The New Maudsley Method) for eating disorders.

Date: Friday 29th June
Location: Franklin-Wilkins Building
King’s College Waterloo Campus
Ticket price: £90 – Reduced fee £45*

Who is this course for?
Professionals who work with eating disorders in any setting and at any age.

Overall Abstract for the day:
- In this training we will present the evidence for psycho social factors in the development and maintenance of eating disorders and how this has led to the cognitive interpersonal model of eating disorders.
- We will describe how this is translated into a form of guided self-management treatment (New Maudsley) co-produced with carers and patients. Treatment can include combinations including the individual, their family and/or peers. The essence of training New Maudsley in collaborative care includes:
  1. Education about problems in social, cognitive and emotional functioning as predisposing, precipitating and perpetuating factors.
  2. Strategies to help reduce unhelpful emotionally driven behaviours (expressed emotions, accommodating, enabling) elicited by the illness in close others.
  3. Describing how social support can facilitate change and recovery.

The evidence suggests that caregiver burden (time and distress) are reduced by this approach and care giving skills are increased. Moreover patient outcomes are improved with a reduction in readmission rates and small improvements in many aspects of psychopathology and social functioning. The intervention has been delivered in many formats (workshops for nurses and carers), guided self-care and individual sessions. The essence is promote a collaborative approach by sharing skills (motivational interviewing and emotional focused approaches) to promote recovery. The individual workshops will demonstrate how training materials such as videos and group and/or individual exercises are used. Teaching is also delivered through personal example from people with lived experience.
Timetable:

9.15 -9.30 – Introduction to the day
9.30 – 11.00 - Plenary 1 & 2 (45 min each)
11.00 -11.30 -Coffee
11.30 -1.0 Workshop
1.00 -2.00 Lunch on own on the South Bank
2.00 -3.30 Workshop (repeat)
3.30 -3.45 Tea
3.45 -4.15 Final plenary
4.15-4.30 Final questions

Introduction to the day: Prof. Janet Treasure and Ms. Gill Todd

- **Plenary 1:** What are the known knowns?: Sharing information about eating disorders
  Dr. Amy Harrison

- **Plenary 2:** Teaching Core skills (managing accommodation and enabling) –Ms. Jenny Langley

- **Final plenary:** Elephant approaches: Bringing men and the team into the equation
  Professor Janet Treasure

Workshops

1. The essence of delivering Skills based caring in groups – Ms. Jenny Langley
2. The essence of delivering Skills based caring for individuals - Ms. Gill Todd
3. The essence of delivering Skills based caring for patients with severe and enduring eating disorders on an inpatient unit – Dr. Amy Harrison and Ms. Wendy Whitaker
4. Food Glorious Food: Refeeding and Meal Support - Kate Williams

*Attendees will be asked to choose in advance 2 workshops they would like to attend.

Close of meeting: Ms. Gill Todd

References


➢ For queries or additional information please contact:

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*If you are a TRIANGLE Study principal investigator you are eligible for a reduced fee £45