

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

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**Date:** Friday 29<sup>th</sup> 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 <sup>1</sup>.
- 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<sup>2 3,4</sup> . The essence of training New Maudsley in collaborative care <sup>3</sup> 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<sup>5-7</sup>. Moreover patient outcomes are improved with a reduction in readmission rates and small improvements in many aspects of psychopathology and social functioning. <sup>8</sup> 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

1. Treasure J, Schmidt U. The cognitive-interpersonal maintenance model of anorexia nervosa revisited: a summary of the evidence for cognitive, socio-emotional and interpersonal predisposing and perpetuating factors. *J Eat Disord.* 2013;1:13.
2. Treasure J, Nazar BP. Interventions for the Carers of Patients With Eating Disorders. *Curr Psychiatry Rep.* 2016;18(2):16.
3. Treasure J, Smith G, Crane A. *Skills-based Caring for a Loved One with an Eating Disorder: The New Maudsley Method.* Routledge; 2016.
4. Langley JT, G.; Treasure, J. *New Maudsley Skills Workshops for Carers.* Hove Routledge; 2018.
5. Hibbs R, Magill N, Goddard E, et al. Clinical effectiveness of a skills training intervention for caregivers in improving patient and caregiver health following in-patient treatment for severe anorexia nervosa: pragmatic randomised controlled trial. *BJPsych Open.* 2015;1(1):56-66.

6. Magill N, Rhind C, Hibbs R, et al. Two-year Follow-up of a Pragmatic Randomised Controlled Trial Examining the Effect of Adding a Carer's Skill Training Intervention in Inpatients with Anorexia Nervosa. *Eur Eat Disord Rev.* 2016;24(2):122-130.
7. Hodsoll J, Rhind C, Micali N, et al. A Pilot, Multicentre Pragmatic Randomised Trial to Explore the Impact of Carer Skills Training on Carer and Patient Behaviours: Testing the Cognitive Interpersonal Model in Adolescent Anorexia Nervosa. *Eur Eat Disord Rev.* 2017;25(6):551-561.
8. Moore GF, Audrey S, Barker M, et al. Process evaluation of complex interventions: Medical Research Council guidance. *BMJ.* 2015;350:h1258.

❖ 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