

A Four-Day Intensive Training Programme in Multi Family Therapy For Health Professions working in Eating Disorders Tuesday 2 June 2015 to Friday 5 June 2015

I would like to take this opportunity to thank FPSA for supporting me to attend this course by providing funding for my transport and accommodation. Previously I had no training in Multi-Family Therapy (MFT) and this was a vital part of my professional development, as in my service we are developing and running MFT groups for eating disorder inpatients and their families.

From this course I have gained confidence and knowledge to take MFT forward in my service, and to educate others about how it can be implemented and be beneficial to families and professionals. Due to the nature of the course (theory and experiential), I feel that this has enhanced my understanding about how the families might be feeling whilst doing the exercises, and how the exercises might help the families to generate multiple perspectives, at a time when their thinking might be reducing due to the impact of their child's illness.

Since completing this course I have applied some of the skills learned into practice and I have received positive feedback from families and colleagues. I look forward to developing my skills/knowledge further and would like to thank FPSA again for their generous support.

Please read below if you would like further information about the course.

Thank you.

Abigail Washington (Systemic and Family Psychotherapist).

Course Information:

South London and Maudsley NHS Foundation Trust

Location: Institute of Psychiatry, The Maudsley Hospital site

PROGRAMME FACILITATORS

Ivan Eisler and Team

BACKGROUND

Multi Family Therapy (MFT) is a recognised treatment approach that has been developing over the last twelve years. This approach provides a more intensive form of family intervention than single outpatient family therapy. In common with outpatient family therapy, MFT aims to help families rediscover their own resources by emphasising ways in which parents can take an active role in helping their child to overcome the eating problem. At the same time families are encouraged to use the group setting to explore how the eating disorder has affected family life making it difficult for the family to follow the normal developmental course of the family life cycle. The sharing of experiences and the dynamics of the group are important components of the treatment.

AIMS OF THIS PROGRAMME

- To present the research and theoretical underpinning of this approach and to illustrate how the theory relates to the practice of MFT in eating disorders.

- To illustrate through facilitative group participation how families engage in MFT by using psychoeducational and therapeutic techniques relevant to treating eating disorders.
- To provide participants with the skills, knowledge and confidence in order to apply this model to their relevant clinical setting.

WHAT THE PROGRAMME OFFERS

The training consists of a 4-day intensive programme and two follow-up workshops of 2 days each over a period of 12 months. We recommend that you complete all 8 days but due to limits on funding we offer the 4 day intensive (mandatory) and follow-up workshops as separate tariffs.

Our training is very popular so this year we have agreed a maximum group size of 30. We recommend early booking to guarantee a place and thus avoid disappointment.

KEY OUTCOME

At the end of the training participants will have the skills and competencies required to be able to set up and run Multi-Family Therapy in their own clinical setting.

COST:

**4 day intensive programme
(mandatory)**

£975.00 per person *including materials, lunch and refreshments*

Optional addition:

1 day follow-up workshops

Price on application

Date to be discussed

WHO CAN APPLY

Health professionals with an interest in working within an Eating Disorders Multi-Disciplinary Team. Experience of working with families is an advantage.

We strongly recommend that where possible you attend with one or more of your team colleagues. We will be prioritising group bookings.

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