

B.E.A.T Eating Disorder International Conference London 2016. A three-day practical conference and exhibition 17th-19th March 2016.

BEAT Eating Disorder International Conference convenes every 2 years in London and it attracts a large volume of academics, researchers and practitioners specialising in the field of Eating Disorder both working with children & adolescent and adults. The aim of the Conference is to showcase the latest research and clinical expertise in this specialist field, to disseminate information, encourage networking and promote good practice. The conference is packed with a 3- day programme of lectures, workshops, poster displays and master classes.

I work as a Family Systemic Psychotherapist on the Inpatient unit for adolescent and young adults. This was my second conference in the field of Eating disorders and it has not disappointed me. Had hoped to find out more about new developments in evidence based practice, research in the family therapy field and some new practical and sparkly ideas about how to work with groups in the inpatient context. I wanted to feel inspired, made new connections and take some innovations that I could share with my team and implement in our ways of working.

I was most excited to hear about the initiatives BEAT is supporting among carers who went through an amazing but difficult journey with their loved ones suffering from Anorexia. We heard from Eva Musby- who is a parent and wrote an amazing book on how parents can support and understand their children better. We have also heard how Jenny Langley- a parents of now fully recovered young man, has worked closely with Janet Treasure team in developing support groups for other carers, especially in areas where CAMHS support seems to be insufficient.

Thanks to the organisation during the conference I had a chance to meet great people who presented their innovative ideas, interests and research findings as posters. By networking with others I was also able to pick on new ideas and request specific innovations to be emailed to me so they could be used by the unit. Making connections is one of the reasons we go to conferences so the learning could be shared and presented to the wider audience in the future. I was very excited to meet a Consultant Psychiatrist from Poland (my home country) who has trained in UK and is now disseminating her knowledge and skills in building better services at home. I'm planning to attend a conference in Poland to support dissemination of knowledge and research findings.

I think the most memorable thing was to hear first hand stories from several sufferers, some of which recovered from Anorexia but some are still struggling although functioning very well. It made me think about how the services or rather lack of specialised services is letting those people down and is prolonging their suffering sometimes to the point where full recovery doesn't seem possible.

The Generous FPSA has funded my attendance to the conference and my accommodation, without which my experience wouldn't take place.

Once again I am very grateful to FPSA for their generosity in supporting my attendance at this Conference, which have been a wonderful opportunity and a great CPD experience. Thank you.

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