

Report for The Foundation for PSA

Training attended

Attachment Narrative Therapy Training – Working with Eating Disorders

On-line training facilitated by Rudi Dallos and Suzy MacKenzie

3rd / 4th / 17th / 18th November 2025

Certificate of attendance – Attachment Narrative Therapy working with eating disorders

My name is Julie Hamisi and I am a Systemic Family Psychotherapist working within a Eating Disorders Service in Nottinghamshire. My post is all age therefore I work both within the CAMHS and Adult Eating Disorders Team, therefore the training I completed was relevant to my role.

The aims of the training were to offer a brief history of systemic approaches in relation to eating disorders; to offer an overview of attachment narrative therapy and its application to clinical cases. There was an opportunity to ask questions and share some anonymised case examples. Prior to the course commencing we were sent several articles which complimented the presentation.

My experience of the training was that it was well organised and well-paced throughout the 4 days, there was opportunity to have small group discussions with organised break-out rooms which meant that you were able to connect with other attendees and network. Both Rudi and Suzy had extensive experience and knowledge that supported the training, which made it interesting and in-depth.

It was useful to recap on the current systemic models that are used within eating disorders work in CAMHS and although the focus of the training was CAMHS the ideas discussed also felt appropriate within the adult teams. I found the focus on attachment styles useful and how this connected with generational scripts particularly in relation to recognising and responding to distress. I liked the focus on eating disorders and found the practical ideas interesting, for example using a lens of food for a genogram and the tracking of episodes of communication in relation to meals.

We discussed the changing presentations of eating disorders within CAMHS, and it was interesting to hear that nationally this was being seen, which meant that some of the current ideas would benefit from review. Since completing that training I have been able to share some of the ideas with our CAMHS team and have thought carefully about how to incorporate ideas into our work, an example being a 4-week review when FT-AN is appearing to be working.

Since completing the training, I have been able to use these ideas both with the families that I am working with and within supervision. I have been able to use tracking of an interaction whilst holding the lens of attachment styles which has offered a practical and visual approach for families to consider how they change communication patterns. I found the ideas of how as therapists become a temporary attachment figure interesting and the importance of the formation of a secure base, particularly for those who come into our work having not experienced this. It offered me time to think about the importance of how we begin to share ideas of attachment styles, and it has strengthened my knowledge when thinking about replicative and corrective scripts.

I wasn't anticipating the personal / professional connections within the training and found this aspect of the training useful, and it opened different thinking in terms of the assumptions that may be voiced. The connection between emotions and food was interesting and I particularly liked the methods of training such as watching film footage to offer greater explanation of these ideas.

The training connected to the work that Rudi offers around working with trauma and towards the end of the training he offered some thought around these connections.

I would highly recommend this training for those working within eating disorders as it offered both theoretical and practical thinking in this field.

Thank you for awarding me the grant.