

PROGRAMME

THURSDAY 17 MARCH 2016

Time	Logan Hall						
8.45am – 9am	Welcome > Andrew Radford, Chief Executive, Beat (UK) and Chris Outram, Chair of Trustees, Beat (UK)						
9am – 9.45am	Keynote lecture one > Chair: Andrew Radford (UK) The costs of eating disorders > Prof Jennifer Beecham (UK)						
9.45am – 10.30am	Keynote lecture two > Chair: Andrew Radford (UK) Attachment, eating disorders and developing an evidence-based national curriculum for children and young people with eating disorders > Prof Peter Fonagy (UK)						
10.30am – 11am	Discussion of keynotes						
Time	Jeffery Hall						
11am – 11.30am	Coffee						
Time	Logan Hall	Elvin Hall	Drama Studio	Nunn Hall	Clarke Hall	Room 728	
11.30am – 1.10pm	Short papers one: Treatment > Chair: Dr Paul Robinson (UK)	Short papers two: Psychology one > Chair: Prof Janet Treasure (UK)	Short papers three: Psychology two > Chair: Dr Valentina Cardi (UK)	Short papers four: Psychosocial one > Chair: Dr Nathalie Godart (Fra)	Short papers five: Psychosocial two > Chair: Prof Beate Herpertz-Dahlmann (Ger)	Short papers six: Clinical Features > Chair: Prof Ulrike Schmidt (UK)	
More information on the short paper sessions can be found opposite							
Time	Jeffery Hall						
1.10pm – 2pm	Lunch						
Time	Crush Hall						
1.30pm – 2pm	Poster strolls: Groups one, two and three						
Time	Logan Hall						
2pm – 3.30pm	Plenary one: Specific groups of patients > Chair: Dr Nadia Micali (USA/UK) - The art of sharing personal narratives: what can three young people with a history of eating disorders teach us about treatment? > Beat Young Ambassadors (UK) - Prepubertal anorexia nervosa > Catherine Doyen (Fra) - Pregnancy and motherhood: effects of eating disorders on mothers and their children > Dr Nadia Micali (USA/UK)						
Time	Jeffery Hall						
3.30pm – 4pm	Coffee						
Time	Logan Hall	Elvin Hall	Drama Studio	Nunn Hall	Clarke Hall	Room 728	
4pm – 5.30pm	Workshop 1.1 Examining how the new Maudsley approach can help families to overcome many of the difficulties of looking after a young adult with an eating disorder, to overcome some of the issues when caring from a distance, and to be more positive in their outlook > Prof Janet Treasure and Jenny Langley	Workshop 1.2 An introduction to integrative cognitive affective therapy for bulimia nervosa > Stephen Wonderlich PhD	Workshop 1.3 Eating out of your hands: an interactive workshop for professionals and carers in supporting anorexia nervosa sufferers to eat > Lorraine Ricks and Dawn Saunders	Workshop 1.4 How shared learning from families' experience of a loved one's eating disorder can improve clinical practice and outcome > Susan Ringwood	Workshop 1.5 Experiential interventions for enhancing motivation in the eating disorders > Dr Matthew Pugh and Dr Jane Evans	Workshop 1.6 The recovery approach in action: a 'shared' experience > Valentina Cardi and Dr Suman Ambwani	
Time	Logan Hall						
5.30pm – 6.30pm	Political speaker > Chair: Andrew Radford (UK) Eating disorder services: then and now > The Rt Hon Alistair Burt MP, Minister of State for Community and Social Care						

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THURSDAY 17 MARCH 2016 > SHORT PAPER SESSIONS

Time	Logan Hall	Elvin Hall	Drama Studio	Nunn Hall	Clarke Hall	Room 728
	Short papers one: Treatment > Chair: Dr Paul Robinson (UK)	Short papers two: Psychology one > Chair: Prof Janet Treasure (UK)	Short papers three: Psychology two > Chair: Dr Valentina Cardi (UK)	Short papers four: Psychosocial one > Chair: Dr Nathalie Godart (Fra)	Short papers five: Psychosocial two > Chair: Prof Beate Herpertz-Dahlmann (Ger)	Short papers six: Clinical Features > Chair: Prof Ulrike Schmidt (UK)
11.30am – 11.50am	Does practical body image with mirror exposure improve body image and acceptance of a healthy weight in adolescent inpatients with an eating disorder? > Sarah Astbury	The search for identity: the narrative analysis approach to exploring the self-concept of individuals with bulimia nervosa > Anna M Turek	Binge eating as maladaptive coping strategy among students in the UAE > Dr Sabrina Tahboub-Schulte	The impact of eating disorders on carer-patient relationship: accommodation and enabling > Dr Maria Rita Troiani	Eating disorders in schools: the role of pastoral care in reducing incidence > Dr Amy Harrison and Stephanie Watterson	Evolution of depression 13 years after an hospitalisation for anorexia nervosa: links with clinical state and family history of depression > Leslie Radon
11.50am – 12.10pm	A feasibility RCT of mentalization based therapy vs specialist supportive clinical management in patients with eating disorders and symptoms of BPD > Dr Paul Robinson	Understanding the therapeutic relationship between people with anorexia nervosa and their therapists > Alison Seymour	Exploring the aetiology of early-onset eating disorders with a focus on health education, puberty and gender > Cathaline Tangau and Dasha Nicholls	An examination of factors associated with expressed emotion in carers of people with eating disorders > Dr Yolanda Quiles	The need for community resources and seamless treatment > Amanda Beavan	The impeding role of self-critical perfectionism on therapeutic alliance during treatment and eating disorder symptoms at follow-up in patients with an eating disorder > Dr Liesbet Boone
12.10pm – 12.30pm	A systematic evaluation of cognitive remediation therapy (CRT) for the treatment of children and adolescents with anorexia nervosa > Jennifer Moynihan and Dr Lucia Giombini	A wish to be thinner increases the odds for disturbed eating 20 years later > Dr Josefin Westerberg Jacobson and Dr Mikaela Willmer	Unraveling the association between thin ideal internalisation and eating pathology: does insecure attachment increase vulnerability in adolescents? > Prof Lien Goossens	Can meal support training in community adolescent services improve recovery time and prevent admission to hospital? > Dr Xanthe Barkla and Dr Sabia Chaudhry	Predictors of intolerance of uncertainty in women with eating disorder symptoms > Dr Amy Harrison, Martin Fisher and Dr Lot Sternheim	Perfectionism: a predictor for dietary therapy efficacy in overweight and obese women > Carolina Roque
12.30pm – 12.50pm	Training courses based on the New Maudsley Model, for specialised teams, in Emilia Romagna, Italy > Dr Maria Cristina Stefanini	To fast or not to fast: examining the impact of the 5:2 diet on a series of executive function tasks in healthy adults > Kate Mahony and Jasmin Langdon-Daly	The role of attachment and secondary emotion regulation strategies in the development of bulimic symptoms in adolescents > Prof Caroline Braet	The importance of therapists' physical appearance in the establishment of a therapeutic relationship with clients with eating disorders > Dr Liz Lawson	But why do we continue to fat talk? An experimental investigation of women's reactions to body disparaging conversations > Cai Guo	Self-disgust within eating psychopathology: associations with disgust sensitivity, depression, anxiety and levels of sensory processing > Katie Bell
12.50pm – 1.10pm	Recognising and managing physical problems on a specialist eating disorder unit > Dr Agnes Ayton	Novel methods to help develop healthier eating habits: a systematic review and meta-analysis > Robert Turton	Increased top-down control in women with anorexia nervosa when viewing emotional infant faces > Jenni Leppanen	A model for early detection and prevention of development of eating and feeding disorders in childhood > Mirta David and Dr Tova Yedidia	Perceptions of eating disorders held by the public: a qualitative investigation of the role of experience > Dr Amy Harrison	Body image during pregnancy: developing a valid measure of body image for pregnant women > Brittany Watson

PROGRAMME

THURSDAY 17 MARCH 2016 > POSTER STROLLS

POSTER STROLL GROUP ONE

Thursday 17 March 2016

1.30pm – 2pm, Crush Hall

THEME > EXPLANATORY MODELS

LEAD STROLLER > Prof JANET TREASURE



- 1 Blindness to the obvious: bringing critical feminist approaches to eating disorders into treatment
> Dr Su Holmes
- 2 Believe the hype? An exploration of the impact of intermittent fasting (5:2) diets on eating psychopathology and binge eating in healthy participants
> Jasmin Langdon-Daly and Kate Mahony
- 3 Emotions before and after loss-of-control eating
> Brittany L Stevenson
- 4 Epigenetic factors and bulimic symptoms
> Prof Peter Arner
- 5 Daily food craving and its relationship with different stressor types
> Julia Reichenberger

POSTER STROLL GROUP TWO

Thursday 17 March 2016

1.30pm – 2pm, Crush Hall

THEME > PSYCHOPATHOLOGY

LEAD STROLLER > STEPHEN WONDERLICH PhD



- 6 Not meeting the criteria: a qualitative investigation into a patient's interpretation and experience of an EDNOS diagnosis
> Cecilia MacDougald
- 7 The individual experience of seeking help for bulimia nervosa: a qualitative research report
> Anna M Turek
- 8 Social cognition and interpersonal behavior in anorexia nervosa: an experimental investigation
> Dr Suman Ambwani and Lea Simms
- 9 An exploration of women's experiences of CBT for bulimia nervosa
> Kati Hallikainen
- 10 Women with disturbed eating behaviour rate less work engagement
> Dr Magnus Lindberg and Marie Bjuhr

POSTER STROLL GROUP THREE

Thursday 17 March 2016

1.30pm – 2pm, Crush Hall

THEME > **PSYCHOPATHOLOGY**

LEAD STROLLER > **Dr PAUL ROBINSON**



- 11** Attentional biases in patients with eating disorders
> Dr Katarzyna Kucharska
- 12** Comparison of anorexic and bulimic patients' profiles attended in an inpatient unit
> Prof Maria-Jose Quiles
- 13** Aspects of parental experiences in eating disorders: comparison between Greece and Britain
> Maria Tsiaka
- 14** The experience of feeling fat for women with anorexia nervosa
> Dr David Viljoen
- 15** Remediation of social cognitive deficits in anorexia nervosa after 12 weeks of social cognitive and neurocognitive training
> Dr Katarzyna Kucharska

PROGRAMME

FRIDAY 18 MARCH 2016

Time	Logan Hall
9am – 10.30am	Plenary two: Severe and complicated eating disorders > Chair: Dr Paul Robinson (UK) - Severe and enduring eating disorders: clarifying the concept and pursuing effective treatments > Stephen Wonderlich PhD (USA) - The MARSIPAN project > Dr Paul Robinson (UK) - The refuge of my prison: life with SEED-AN > Linda Bates (UK)

Time	Jeffery Hall
10.30am – 11am	Coffee

Time	Logan Hall	Elvin Hall	Drama Studio	Nunn Hall	Clarke Hall	Room 728
11am – 12.30pm	Workshop 2.1 Family intervention à la Français > Dr Nathalie Godart, Dr Irene Kaganski, Zorica Jeremic and Jean-François Mangin	Workshop 2.2 Addressing attachment issues in family therapy for young people with anorexia. How can we use a relational re-frame in engaging the family? > Greg Dring	Workshop 2.3 Optimism about treating severe and enduring anorexia nervosa (SE-AN)? A clinical review and a practical evidence-based treatment > Prof Hubert Lacey	Workshop 2.4 Eating disorders in pregnancy: the potential for adverse outcomes for mother and infant, and the barriers to identifying in antenatal care > Amanda Bye, Manuela Barona and Nadia Micali	Workshop 2.5 Re-joining the tribe: teaching anorexic patients social signalling skills based upon a new neuroregulatory model of socio-emotional functioning > Chandanee Kotecha, Marian Titley and Hayley Smith	Workshop 2.6 What are the 'active ingredients' of a dietetic led psycho-education group?: development and preliminary evaluation of 'food choices' > Marilyn Conroy and Karen Jeffereys

Time	Jeffery Hall
12.30pm – 1.30pm	Lunch

Time	Logan Hall
1.30pm – 2.30pm	Keynote lecture three > Chair: Prof Ulrike Schmidt (UK) Developing a collaborative team approach to the management of eating disorders: the power of the family > Prof Janet Treasure (UK) and Jenny Langley (UK)

Time	Logan Hall
2.30pm – 4pm	Plenary three: Talking therapies for adults across the weight range > Chair: Prof Ulrike Schmidt (UK) - Different individual therapies for eating disorders in adults: the evidence for enhanced cognitive behavioural therapy > Assoc Prof Susan Byrne (Aus) - The Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA): treatment mechanisms, process and outcome > Prof Ulrike Schmidt (UK) - Treatment of binge eating disorder > Prof Dr med Martina de Zwaan (Ger)

Time	Jeffery Hall
4pm – 4.30pm	Coffee

Time	Crush Hall
4pm – 4.30pm	Poster strolls: Groups four and five

Time	Logan Hall	Elvin Hall	Drama Studio	Nunn Hall	Clarke Hall	Room 728
4.30pm – 6pm	Workshop 3.1 Changing eating in anorexia nervosa with exposure and novel behavioural techniques > Dr Joanna Steinglass, Valentina Cardi and Stephen Wonderlich PhD	Workshop 3.2 An introduction to family based therapy: rationale and overview > Dr Blake Woodside	Workshop 3.3 Supporting carers of young sufferers using the new Maudsley approach with workshops delivered by experienced carers in the community > Jenny Langley	Workshop 3.4 A brief dialectical behaviour therapy skills group for bulimia nervosa: a feasibility study > Dr Anna Hall and Dr Janet Feigenbaum	Workshop 3.5 Calming the storm, does mindfulness have a role? A toolbox for parents and carers > Ana Ribeiro	Workshop 3.6 A recovery-orientated approach to the treatment of anorexia nervosa > Charles Baily

Time	Logan Hall
6.15pm – 7.15pm	Theatrical performance: 'Enoughness' > Pameli Benham and Fiona Hamilton

PROGRAMME

FRIDAY 18 MARCH 2016 > POSTER STROLLS

POSTER STROLL GROUP FOUR

Friday 18 March 2016

4pm – 4.30pm, Crush Hall

THEME > **PHYSICAL ASPECTS AND SEED**

LEAD STROLLER > **Dr ERIC JOHNSON-SABINE**



- 16** Severe and enduring bulimia nervosa (SEED-BN): a qualitative study
> Dr Paul Robinson
- 17** Neutropaenia in adult anorexia nervosa inpatients
> Dr Christopher Hopkins
- 18** Ehlers-Danlos Syndrome: a possible phenotype of anorexia nervosa?
> Dr Lauren Gavaghan, Gemma Peachey and Bruno Nazar
- 19** Levels of micronutrients in patients with severe and enduring anorexia nervosa (SEED-AN)
> Dr Paul Robinson
- 20** What is influencing body composition in acute anorexia nervosa?
> Dr Nathalie Godart

POSTER STROLL GROUP FIVE

Friday 18 March 2016

4pm – 4.30pm, Crush Hall

THEME > **POPULATION STUDIES AND MALES**

LEAD STROLLER > **Dr VALENTINA CARDI**



- 21** Does sexuality and gender role affect eating disorders in men?
> Emily Homma
- 22** A qualitative study of males' experience of eating disorders and their treatment
> Dr Paul Frith
- 23** Prevalence of eating disorders in Latin America – a systematic review
> David R Kolar
- 24** Disordered eating and body dissatisfaction among university students in Lebanon
> Rayane Chami

PROGRAMME

SATURDAY 19 MARCH 2016

Time	Logan Hall					
8.45am – 9am	Welcome > Andrew Radford, Chief Executive, Beat (UK)					
9am – 10.30am	Plenary four: Biological factors > Chair: Dr Nathalie Godart (Fra) - Genetics of eating disorders with special regard to anorexia nervosa > Prof Anke Hinney (Ger) - Neuromodulation in eating disorders: a new way of understanding and treating anorexia nervosa and bulimia nervosa > Dr Blake Woodside (Can) - From regions to circuits: how brain imaging has helped us understand eating disorders > Prof Guido Frank (USA)					
Time	Jeffery Hall					
10.30am – 11am	Coffee					
Time	Crush Hall					
10.30am – 11am	Poster strolls: Groups six, seven, eight and nine					
Time	Logan Hall	Elvin Hall	Drama Studio	Nunn Hall	Clarke Hall	Room 728
11am – 12.30pm	Workshop 4.1 The FREED (First Episode and Rapid Early Intervention for Eating Disorders) project: a novel early intervention service for young adults > Prof Ulrike Schmidt, Dr Amy Brown and Danielle Glennon	Workshop 4.2 Food for thought: cognitive behavioural therapy for the eating disorders > Prof Glenn Waller	Workshop 4.3 Practical mealtime skills and emotional tools for parents of children and adolescents > Eva Musby	Workshop 4.4 Dialectical behavior therapy for borderline patients suffering from anorexia nervosa binge/purge subtype > Dr Fragiskos Gonidakis and Dafni Karapavlou	Workshop 4.5 Oxymoron: dynamic psychotherapy in compulsory treatment – working alliance and therapy > Inbar Sharav-Ifergan	Workshop 4.6 Written case formulations in the treatment of anorexia nervosa: evidence for therapeutic benefits > Dr Karina Allen and Dr Claire Baillie
Time	Jeffery Hall					
12.30pm – 1.30pm	Lunch					
Time	Logan Hall					
12.45pm – 1.30pm	Lunchtime seminar: Nine truths of eating disorders: an Academy for Eating Disorders invitation					
1.30pm – 2.30pm	Keynote lecture four > Chair: Dr Paul Robinson (UK) Cognitive neuroscience and eating disorders > Dr Joanna Steinglass (USA)					
2.30pm – 4pm	Plenary five: Family and community > Chair: Prof Beate Herpertz-Dahlmann (Ger) - Family therapy for adolescents with anorexia nervosa: how a randomised controlled trial modified our usual treatment program, a story lasting 20 years > Dr Nathalie Godart (Fra) - Empirical and conceptual developments in family treatments for adolescent anorexia nervosa: how does developing clinical theory fit evidence-based practice > Prof Ivan Eisler (UK) - Day patient and home treatment for adolescents with anorexia nervosa > Prof Beate Herpertz-Dahlmann (Ger)					
Time	Jeffery Hall					
4pm – 4.30pm	Coffee					
Time	Logan Hall	Elvin Hall	Drama Studio	Nunn Hall	Clarke Hall	Room 728
4.30pm – 6pm	Workshop 5.1 Delivering enhanced cognitive behavior therapy (CBT-E) in real world clinical settings > Assoc Prof Susan Byrne and Dr Karina Allen	Workshop 5.2 Specialist supportive clinical management for eating disorders (SSCM-ED). A first line treatment for eating disorders? A practical workshop > Dr Paul Robinson	Workshop 5.3 Oxytocin in eating disorders: a new target for treatment? > Jenni leppanen, Dr Yannis Paloyelis and Dr Kah Wee Ng	Workshop 5.4 Cost-effectiveness of models of care for young people with eating disorders: the Cost Ed study > Prof Sarah Byford and Dr Hristina Petkova	Workshop 5.5 Parental expressed emotion: explanatory factors in anorexia nervosa > Jeanne Duclos, Meritxell Campreciòs and Dr Benjamin Carrot	Workshop 5.6 The Morgan-Russell outcome schedule vs patient-reported quality of life and perception of disease > Laura Al-Dakheel Winkler

PROGRAMME

SATURDAY 19 MARCH 2016 > POSTER STROLLS

POSTER STROLL GROUP SIX

Saturday 19 March 2016

10.30am – 11am, Crush Hall

THEME > TREATMENT

LEAD STROLLER > Prof BEATE HERPERTZ-DAHLMANN



- 25 An exploration of experiences of yoga practice and eating disorders from the perspective of women with a history of eating disorders
> Anna Lose
- 26 Reducing intolerance of uncertainty in adolescents with eating disorders through group treatment
> Dr Amy Harrison and Dr Lot Sternheim
- 27 Dance movement psychotherapists experience of their body image when working with an eating disorder client group: a feminist autoethnographic exploration
> Hannah Mcilveen
- 28 A review of case notes of patients discharged from inpatient services at least two years before
> Dr Paul Robinson
- 29 An interpretative phenomenological analysis of the clinicians' experience of change during a multiple family therapy for adolescents with anorexia nervosa
> Zoé Gelin

POSTER STROLL GROUP SEVEN

Saturday 19 March 2016

10.30am – 11am, Crush Hall

THEME > TREATMENT

LEAD STROLLER > Prof ULRIKE SCHMIDT



- 30 'Fine words in theory butter no parsnips in practice': critical approaches to 'co-production' on an inpatient eating disorders ward
> John Adlam
- 31 The value of values: using clinical values and philosophy of practice to guide working with people who are experiencing severe eating disorders
> Dr Menna Jones
- 32 Pilates: an effective exercise intervention for eating disorder patients with osteoporosis?
> Jody Phillips, Kate Brown and Yvonne Hull
- 33 Getting good outcomes: towards meaningful data collection in an inpatient service
> Dr Caroline Plumb
- 34 Bridging the gap: smartphone-based support between sessions for adolescent outpatients with anorexia nervosa – a randomised controlled trial protocol
> David R Kolar

PROGRAMME

SATURDAY 19 MARCH 2016 > POSTER STROLLS

POSTER STROLL GROUP EIGHT

Saturday 19 March 2016

10.30am – 11am, Crush Hall

THEME > TREATMENT

LEAD STROLLER > Dr NATHALIE GODART



- 35** To go or not to go: brain training in eating and weight disorders
> Robert Turton
- 36** Evaluating the effectiveness of 'Teen BodyWise' at Newbridge House: a psycho-educational body image group for adolescents with anorexia nervosa
> Amanda Beavan and Sophie Bates
- 37** Clinical outcomes of partners with anorexia nervosa compared to parent caregivers
> Emilee Burgess
- 38** Cognitive behaviour therapy for anorexia nervosa: outcomes in routine clinical practice
> Prof Glenn Waller
- 39** The effect of transcranial direct current stimulation (tDCS) on body image perception in anorexic and bulimic spectrum disorders
> Sarah Trufhitt

POSTER STROLL GROUP NINE

Saturday 19 March 2016

10.30am – 11am, Crush Hall

THEME > TREATMENT

LEAD STROLLER > Dr JOANNA STEINGLASS



- 40** Compulsive bowel emptying and rectal prolapse in eating disorders
> Dr Fragiskos Gonidakis
- 41** Treatment-seeking for binge eating disorder: an interpretative phenomenological analysis
> Charlotte Evans
- 42** The problem of service non-attendance at adult eating disorder services in the UK: a preliminary study
> Sarah Muir and Dr Ciaran Newell
- 43** Understanding adolescent's experience of supportive observation within a specialist inpatient unit for eating disorder treatment
> Angella Fosuaah
- 44** The role of 'the heart' in recovery from eating disorders: reclaiming and restoring the heart's courage and imaginative power
> Melanie Oliver
- 45** Cognitive behavioural therapy as a treatment for anorexia nervosa: a critical appraisal
> Anu Perumbalath