

Rewriting Eating Disorders: Past Present and Future NCPS Conference Therapy Partners

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Introduction and Aims of the session

- ▶ The aim is to provide NCPS Delegates with an interactive history and overview of evidence-based support for young people suffering from eating disorders and how to support them and their caregivers.
- ▶ Past / Present / Future
- ▶ Questions
- ▶ Summary and conclusions
- ▶ Resources / Feedback
- ▶ Get In Touch Socials



Past and Context

Eating disorders are complex mental illnesses that have long been stigmatised and are often misunderstood.

- ▶ Eating disorders are complex mental health conditions that involve disturbances in eating behaviour's, body image, and psychological well-being. Eating disorders can affect individuals of various ages, but they often emerge during adolescence and young adulthood.
- ▶ Historical accounts of disordered eating behaviours can be traced back centuries. In the 19th century, Sir William Gull described "anorexia nervosa" as a distinct medical condition characterized by self-starvation.
- ▶ In the mid-20th century, psychoanalytic theorists such as Sigmund Freud and Hilde Bruch provided significant insights into the psychodynamic aspects of eating disorders. Freud explored the connections between psychological conflicts, body image, and food. Hilde Bruch's work emphasized the role of societal pressure, family dynamics, and disturbed body perception in the development of eating disorders.
- ▶ During the 1960s and 1970s, feminist scholars like Susie Orbach and Naomi Wolf analysed the societal influences on body image and the development of eating disorders. Their work highlighted the impact of media, beauty standards, and cultural expectations on female body dissatisfaction and disordered eating.



Official classification DSM ICD

- ▶ It wasn't until the publication of the DSM-IV in 1994 that specific eating disorder diagnoses were introduced. The DSM-IV included the following eating disorder categories: Anorexia nervosa, Bulimia nervosa and EDNOS (Eating disorder not otherwise specified).
- ▶ The International Classification of Diseases (ICD) did not have a specific eating disorder category until the publication of the ICD-10 in 1992 including anorexia nervosa, bulimia nervosa, and atypical eating disorders.
- ▶ This marked a significant step in recognizing and classifying eating disorders as distinct mental health conditions.



Eating Disorder Definition & Statistics

An eating disorder is a mental health condition where control of food or a negative change in eating habits is used to cope with feelings and other situations. Anyone can get an eating disorder, teenagers between 13 and 17 are mostly affected. With treatment, most people can recover.

Types:

- Anorexia
- Bulimia
- Binge eating
- OSFED
- ARFID

- *There is no single cause of an eating disorder developing but there are several risk factors which may trigger disordered eating patterns to develop (BEAT 2017).*
- *Developing an ED can often be seen as a coping mechanism to help the individual manage challenging emotional states.*
- *In the UK 1.2 million people (both men and women) are affected by Eating Disorders (BEAT, 2023)*
- *81% of 10-year-olds are afraid of being fat (NationalEatingDisorders.org)*
- *Recent epidemiological studies have found that up to 25% of this figure are male.*

Signs:

- **Spending** a lot of time worrying about food, weight, shape.
- Avoiding socialising where food is involved.
- Changes in eating habit, exercising too much, strict food habits, changes in mood.
- Feeling cold, tired, dizzy, pains, poor circulation, feeling faint, problems with digestion.
- Delayed signs of puberty.

Health implications physical symptoms nutrition

Changes in mental health leading to changes in eating behaviors can lead to side effects such as headaches, mood swings, lack of concentration as well as a drop-in physical activity in the first instance. More significant side effects of an eating disorder can be found in the table below.

Link To Hannahs Presentation [Nutrition - Mental Health - Eating Disorders | News | Therapy Partners](#)

Medical Complications of Eating Disorders, Journal of Eating Disorders, 2015

<p>Cardiovascular:</p> <ul style="list-style-type: none">- Bradycardia and hypotension- Mitral valve prolapse- Sudden death- arrhythmia- Refeeding syndrome- Echo changes <p>Dermatological:</p> <ul style="list-style-type: none">- Dry skin- Alopecia- Lanugo hair- Starvation-associated pruritus <p>Gastrointestinal:</p> <ul style="list-style-type: none">- Constipation- Refeeding pancreatitis- Acute gastric dilation/ delayed gastric emptying- Hepatitis- Dysphagia	<p>Endocrine:</p> <ul style="list-style-type: none">- Amenorrhea- Infertility- Osteoporosis- Thyroid abnormalities- Hypercortisolemia- Hypoglycaemia- Neurogenic diabetes insipidus- Arrested growth <p>Haematological:</p> <ul style="list-style-type: none">- Pancytopenia due to starvation- Decreased sedimentation rate <p>Neurological:</p> <ul style="list-style-type: none">- Cerebral atrophy <p>Pulmonary:</p> <ul style="list-style-type: none">- Aspiration pneumonia- Respiratory failure- Spontaneous pneumothorax- Emphysema
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Who are Therapy Partners

- ▶ **Therapy Partners** are a Team of Specialists that work together with one goal in mind, to help support young People that have developed an Eating Style that, if not treated, may in the long run, have a negative impact on their health, mental health and the choices they may wish to make in the future. TP have grown to support other mental health services, and other groups of people.
- ▶ **We are:** Cognitive Behavioural Therapists, Family Therapists, Specialist Counsellors, Coaches, Specialist Nutritionists, Psychologists and Psychiatrists. This link has more details [Meet the Team | Therapy Partners | Maidstone](#)
- ▶ **We have practices in:** The Southeast, Southwest and Spain and have a partnership with Dorset Private GPs



Background & History Therapy Partners

- ▶ In 2016 Therapy Partners delivered a pilot scheme funded by the NHS across Kent focusing on early intervention in Eating Disorders in Children and Young People.
- ▶ The outcomes evidenced that with peer support, training, school support and evidenced based CBTE therapy, amazing improvements in mental health and wellbeing could be achieved.
- ▶ We reached over 2500 young people through school assemblies and presentations and provided vital eating disorder awareness to professionals. This project led to the creation of our charity RWYS
- ▶ In terms of overall CIA scoring improvement from commencement to ending: **80% showed clinical improvement**
- ▶ We created an educational video to raise awareness of eating disorders [Rewrite Your Story - YouTube](#) **NOTE Some Flashing Images**



Read our Report

PSYCHO-EDUCATIONAL THERAPEUTIC INTERVENTION STRATEGY (PETS)

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THERAPEUTIC INTERVENTION
STRATEGY (PETS)*

EXECUTIVE SUMMARY REPORT 2017

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How we worked

Three-dimensional multi-faceted support was offered in the following ways:

- 1) **TARGETED SUPPORT FOR INDIVIDUALS** on a one-to-one basis by providing 20 sessions of solution focused, evidence-based CBT-E **1** therapy within a week of referral at a convenient location for the young person. Receptive families were also engaged in the process incorporating the New Maudsley Method **2**.
- 2) Facilitated **PEER SUPPORT GROUPS** for parents and or carers, and young people based on a psycho-educational approach. Key themes, together with strategies for building resilience were offered to participants to help facilitate more functional interpersonal relationships. In addition, young people were offered peer support as a follow-up treatment after one-to one therapy.
- 3) **AWARENESS TRAINING** and a **PSYCHOEDUCATIONAL VIDEO** was developed and delivered for different groups of people. Young people were given training on building resilience, positive body image and given strategies to help maintain their wellbeing.

1.C. G. Fairburn (2008) *Cognitive Behaviour Therapy and Eating Disorders*, New York: The Guildford Press.

2 .J Treasure, U. Schmidt and P. Macdonald (2010) *The Clinician's Guide to Collaborative Caring in Eating Disorders: The New Maudsley Method*, Hove: Routledge



Present: Eating Disorders and Young People - some Data

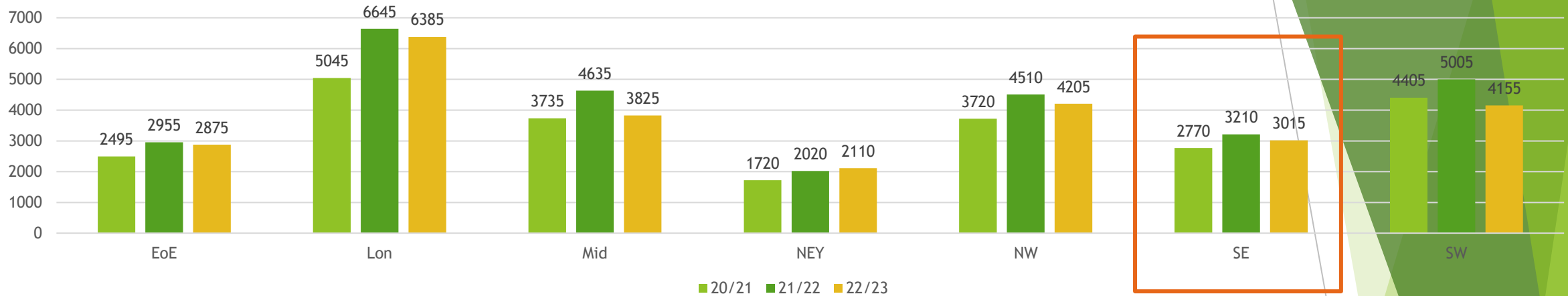
- ▶ The NHS states that most eating disorders develop during adolescence and early adulthood, with the age of onset typically falling between 13 and 17 years.
Reference: NHS website - <https://www.nhs.uk/conditions/eating-disorders/>
- ▶ A report published by NHS Digital (2019) provides statistics on the prevalence of eating disorders in England. According to the report, the highest number of admissions to hospital for eating disorders was among individuals aged 15 to 19 years, followed by those aged 20 to 24 years.
Reference: NHS Digital report - <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-bulletin/2019>
- ▶ According to Beat, the eating disorders charity, eating disorders can develop at any age, but they often begin during teenage years, with peak onset at 14 to 25 years.
Reference: Beat website - <https://www.beateatingdisorders.org.uk/>



Current Demand NHS – 2023 Referrals



New Referrals



National picture

- Demand nationally has grown by 12% since 20/21, with highest increase in activity in 21/22 where activity rose by 22% compared to 20/21, however it dropped by 8% in 22/23 compared with 21/22.

Southeast

- Demand has increased by 12% since 19/20, in line with the national average. Demand did increase in 21/22 by 16% compared with 20/21, but then fell again by 4% in 22/23.

Other Regions

- London largest overall growth in demand (27%), London also have the highest increase in demand from 20/21 to 21/22 at 32%. NEY are the only region to have an increase in demand annually. activity from 21/22 compared with 22/23, 16%.
- **Southwest** is the only Region which has seen a decrease in demand since 20/21 (-6%). However, all Regions other than NEY saw a decrease in demand 22/23 compared with 21/22, with largest decrease in demand from 21/22 compared with 22/23 in Midlands (-22%). *Source All Age Eating Disorders Best Practice Forum Innovations to Reduce and Manage Treatment Waits 20 June 2023*



Recommended treatments

- ▶ We now recognise that each person's experience with an eating disorder is unique, and treatment should be tailored accordingly
- ▶ Psychological treatment for Bulimia/Binge eating disorder in CYP & adults
- ▶ Individual eating-disorder-focused cognitive behavioural therapy (CBT-ED)
- ▶ Group CBT-ED typically consist of 16 weekly 90-minute group sessions over 4 months
- ▶ Offer bulimia-nervosa-focused family therapy (FT-BN) to children and young people with bulimia nervosa. **with binge eating disorder and Bulimia psychological treatments aimed at treating these conditions have a limited effect on body weight.**
- ▶ Treating other specified feeding and eating disorders (OSFED)
- ▶ For people with OSFED, consider using the treatments for the eating disorder it most closely resembles.

Current Recommended Treatments

NICE guideline [NG69] Last updated: 16 December 2020 [Recommendations](#) | [Eating disorders: recognition and treatment](#) | [Guidance](#) | [NICE](#)

- NICE guidelines (NG69) lists general principles of care to ensure that all people with an eating disorder their parents or carers have equal access to treatments (including through self-referral) for eating disorders
- Psychological treatment for anorexia nervosa in adults
- Individual eating-disorder-focused cognitive behavioural therapy (CBT-ED) *(CBT) has emerged as a widely utilised evidence-based treatment for eating disorders. Christopher Fairburn, developed enhanced CBT (CBT-E), a specialised treatment model for eating disorders that focuses on cognitive restructuring, behavioural change, and relapse prevention. We used this threatening in our practice*
- Maudsley Anorexia Nervosa Treatment for Adults (MANTRA)
- Specialist supportive clinical management (SSCM).
- Eating-disorder-focused focal psychodynamic therapy (FPT).
- Psychological treatment for anorexia nervosa in children and young people
- Anorexia-nervosa-focused family therapy for children and young people (FT-AN),
- offer dietary counselling as part of a multidisciplinary approach (MDT) .



Early intervention Treatments provided by the NHS

- ▶ **First Episode Rapid Early Intervention for Eating Disorders (FREED)**
- ▶ FREED stands for ‘First Episode and Rapid Early Intervention Service for Young Adults with Eating Disorders’ and is for young people aged 18 to 25 who have developed an eating disorder within the last three years. [NHS England » First Episode Rapid Early Intervention for Eating Disorders \(FREED\)](#) is an innovative service model that has offered support to over 1,200 16 to 25-year-olds who have had an eating disorder for three years or less. <https://freedfromed.co.uk/freed-for-professionals>
- ▶ **CBT-T** is a time-limited, focused therapy, which is ten sessions long (followed by two follow-up sessions). It starts by addressing clients safety, then aims to help Clients change their eating and beliefs about food and body image and reduce anxiety and other emotional concerns.



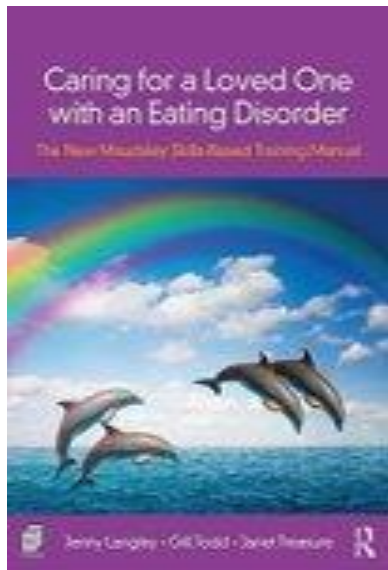
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helping people rewrite mental health



New Maudsley Support for Carers



- ▶ My Good Friend author Jenny Langley is an “experienced” carer who trained alongside Gill Todd RMN, MSc to deliver the New Maudsley Carer Skills workshops in the community, and to coach carers and run support groups. Jenny has also taken part in several of the New Maudsley research projects and coached hundreds of carers. Jenny was part of the pilot project in Cambridge to assess the value of providing a series of face-to-face workshops to carers.



- ▶ The value of Jenny’s insight and experience across the entire life cycle of an eating disorder has been recognised and Jenny was awarded the Royal College of Psychiatrists - Carer Contributor of the Year in recognition of her ongoing work with carers, eating disorder services. She is an extremely knowledgeable professional and is paramount in supporting Families and carers

- ▶ This short video has more information: [New Maudsley Carers - newmaudsleycarers-kent](https://www.newmaudsleycarers-kent.org/)

- ▶ This link has more information and you can access excellent resources and downloaded worksheets [About us - newmaudsleycarers-kent](https://www.newmaudsleycarers-kent.org/)



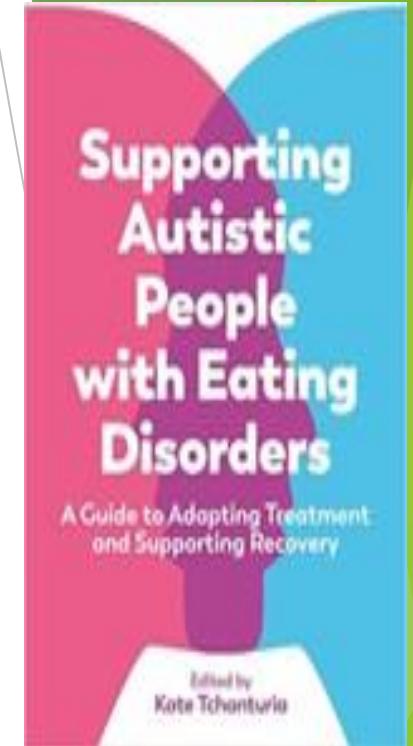
New developments

- ▶ **Recent Advances:** In recent years, there has been an increasing recognition of atypical eating disorders, including binge eating disorder and avoidant/restrictive food intake disorder (ARFID). Research continues to explore the biological, genetic and environmental factors that contribute to the development and maintenance of eating disorders.



Autism and EDs - the National Specialist Eating Disorders Service at Maudsley Hospital

- ▶ Autism spectrum disorder (ASD) is a developmental disorder that affects communication, social interaction, and behaviour. People with autism often have difficulties with sensory processing, which can affect their eating habits and food preferences. Research has shown that individuals with autism are at a higher risk of developing eating disorders, which can lead to serious health consequences if left untreated.
- ▶ While national data estimates around one in five women who develop anorexia nervosa have autism, the National Specialist Eating Disorders Service at Maudsley Hospital found that 35% of the women they see - often women with the most challenging and long-standing eating disorders meet the diagnostic criteria for autism spectrum disorder (ASD).
- ▶ Working together with NHS patients, staff from South London and Maudsley NHS Foundation Trust and the Institute of Psychiatry, Psychology & Neuroscience, King's College London, are developing accessible and tailored treatment for patients with a diagnosis of autism and an eating disorder, improving clinical outcomes and developing national guidance for NHS practice, as there are currently no guidelines for this patient group.
- ▶ These videos from **SLAM** and **Professor Kate Tchanturia**, Consultant Clinical Psychologist, SLaM and IoPPN
- ▶ **ASD and AN Clinical Pathway** [Supporting people with autism experiencing eating disorders - Maudsley Charity](#)
- ▶ **Read our blog Autism and Ed** [Autism and Eating Disorders: Understanding the Link and Seeking Help | News | Therapy Partners](#)



Brain Simulation

- ▶ Oxford Brain-Body Research into Eating Disorders
- ▶ Oxford Universities Research Brain-Body stimulation offers to understand the cognitive, biological, emotional and somatic processes underpinning Anorexia Nervosa promising results for treating symptoms associated with eating disorders and modifying appetitive behaviors including craving and caloric consumption. Further studies are ongoing to assess long-term effectiveness and clinical outcomes such as eating disorder symptomatology, weight loss, and sustained improvements in eating behaviors over time.
- ▶ Link: [Oxford Brain-Body Research into Eating Disorders – Department of Psychiatry](#)
- ▶ Virtual reality technology is also being piloted for the treatment of anorexia nervosa



Future

- ▶ Recent research has highlighted the importance of addressing underlying emotional issues and trauma that may contribute to the development of eating disorders.
- ▶ Looking towards the future, there is hope that advances in neuroscience and genetics will lead to even more targeted and effective treatments for eating disorders. Latest research in the field of eating disorders, includes the use of virtual reality technology to treat body image concerns and the potential use of brain stimulation techniques for treating anorexia nervosa.



Working competently

- ▶ Professionals who assess and treat people with an eating disorder should be competent to do this for the age groups they care for
- ▶ Receive appropriate clinical supervision
- ▶ Use standardised outcome measures, for example, the Eating Disorder Examination Questionnaire (EDE-Q)
- ▶ Monitor their competence (for example, by using recordings of sessions, and external audit and scrutiny)
- ▶ Monitor treatment adherence for clients who use their service.



Further Training to upskill for NCPS members

- ▶ Therapy and the NCPS have joined to offer an introductory course to offer a 2 hours CPD course that introduces Working with Eating Disorders. Take part and gain insight into attitudes towards food and weight in order to better support those affected by eating disorders. [Eating Disorders Course | News | Therapy Partners](#)
- ▶ Therapy Partners is running an Introduction Course to support CYP with Eating Disorders this Autumn Contact us for further details enquiries@therapypartners.co.uk
- ▶ Carers support training from Jenny Langley and there are a few limited fully funded places available please contact us at enquiries@therapypartners.co.uk



Summary & Conclusion

- ▶ The presentation has been a whistle stop tour and it's important that continued research and collaboration between clinicians, researchers, and caregivers to improve the prevention, diagnosis, and treatment of eating disorders for young people and their families I have not touched on Body Dysmorphia or Nutrition, but you can view our Nutritionists Hannah presentation here
- ▶ Additionally, increased awareness and advocacy may help reduce the stigma surrounding these illnesses and encourage more individuals to seek help.
- ▶ **This concludes our presentation**
- ▶ **ANY QUESTIONS ?**



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How we can help:

- Links to blogs and more information
- Follow us on Linked in and on Facebook to keep updated with our latest news.

- ▶ [Mental Health News & Blogs | Resource by Therapy Partners](#)
- ▶ [NCPS Eating Disorders Course Eating Disorders Course | News | Therapy Partners](#)
- ▶ [Autism and Eating Disorders: Understanding the Link and Seeking Help | News | Therapy Partners](#)
- ▶ [FREED -https://freedfromed.co.uk/freed-for-professionals](https://freedfromed.co.uk/freed-for-professionals)
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