

Faculty of Eating Disorders Spring Conference 2026: Empowering Clinicians in the Field of Eating Disorders

Date: Wednesday 20 May, 09.00am-5.30pm

Venue: Online via EventsAir

Time	Session
09.00am-09.15am	Conference welcome Dr Ashish Kumar, Chair of Faculty of Eating Disorders, RCPsych, Clinical Director, CAMHS, Mersey Care NHS Foundation Trust
09.15am-09.30am	Presidential address Dr Lade Smith CBE, President of the Royal College of Psychiatrists
09.30am-09.50am	Keynote Address: Modern Service Framework and Eating Disorders Dr Adrian James, NHS England Medical Director for Mental Health and Neurodiversity
09.50am-10.35am	Session 1: Keynote Address - MBT and Eating Disorders Chair: Dr Lisa Mukerjee, Academic Secretary, RCPsych, Consultant Child Psychiatrist
09.50am-10.20am	Keynote Address: Mentalization-Based Treatment and Eating Disorders Mr Rory Bolton, Joint National Programme Director at Anna Freud Centre for Adult MBT Programme. British Psychoanalytic Council registered Psychoanalytic Psychotherapist
10.20am-10.35am	Q+A and discussion
10.35am - 11.05am	Break
11.05am-12.35pm	Session 2: Modernising Medical Education in Eating Disorders Across the Lifespan: From Undergraduate Teaching to Specialist Credentialing

	Chair: Dr Agnes Ayton, Vice-Chair of the Faculty of Eating Disorders, RCPsych, Consultant Psychiatrist and Clinical, Director HOPE PC Oxford Health NHS FT
11.05am-11.30am	Student Selected Component in eating disorders at University College London Dr Aryan Arora
11.30am-11.55am	Modernising the Mental State Examination to better capture nutrition, an overdue update? Dr Edwin Birch, Honorary Researcher, Department of Psychiatry, Oxford Health NHS Foundation Trust
11.55am-12.20pm	A national credential for eating disorders: developing specialist medical expertise in a high-risk field Dr Alexandra Eriksson, ST6 Psychiatry Trainee and Dr Meenakshi Lachman, ST5, CAMHS
12.20pm-12.35pm	Q&A and discussion
12.35pm-1.10pm	Lunch
1.10pm-1.30pm	Session 3: Eating Disorders and Liaison Psychiatry Dr Hubertus Himmerich, Academic Secretary, Faculty of Eating Disorders, RCPsych, Reader at the Institute of Psychiatry, Psychology & Neuroscience at King's College London
1.10pm-1.25pm	Eating Disorders and Liaison Psychiatry: Challenges and Opportunities Dr Alex Thomson: Chair of Faculty of Liaison Psychiatry, RCPsych, Clinical Lead for Liaison Psychiatry and Urgent and Emergency Care. Central and Northwest London NHS Foundation Trust
1.25pm-1.30pm	Q&A and discussion
1.30pm-2.15pm	Session 4: Keynote Address – Transdiagnostic Enhanced Cognitive Behaviour Therapy (CBT-E) for eating disorders Chair: Dr Ashish Kumar, Chair of Faculty of Eating Disorders, RCPsych, Clinical Director, CAMHS, Mersey Care NHS Foundation Trust

1.30pm-2.00pm	<p>Keynote Address: Transdiagnostic Enhanced Cognitive Behaviour Therapy (CBT-E) for eating disorders: a flexible evidence based treatment</p> <p>Professor Zafra Cooper, Emeritus Professor of Clinical Psychology</p>
2.00pm-2.15pm	Q&A and discussion
2.15pm-2.45pm	Break
2.45pm-4.15pm	<p>Session 5: Ketamine for the treatment of anorexia nervosa</p> <p>Chair: Dr Hubertus Himmerich, Academic Secretary, Faculty of Eating Disorders, RCPsych, Reader at the Institute of Psychiatry, Psychology & Neuroscience at King's College London</p>
2.45pm-3.10pm	<p>Mechanisms of the ameliorative properties of ketogenic diet and ketamine in a mouse model of anorexia nervosa</p> <p>Professor Chiye Aoki, Professor of Neural Science and Biology, New York University Centre for Neural Science</p>
3.10pm-3.35pm	<p>Ketamine-assisted psychotherapy for eating disorders - a retrospective case series</p> <p>Professor Camilla Lindvall Dahlgren, Professor in Clinical Psychology and Head of Research, Department of Psychology, Oslo New University College</p>
3.35pm-4.00pm	<p>A Randomised-controlled Feasibility Study of Ketamine for the Treatment of Depression with Anorexia Nervosa</p> <p>Dr Katie Rowlands, Institute of Psychiatry, Psychology & Neuroscience, Kings College, London</p>
4.00pm-4.15pm	Q+A and discussion
4.15pm - 4.45pm	Break
4.45pm-5.15pm	<p>Session 6: Panel Discussion</p> <p>Chair: Ms Hannah Hickinbotham, Patient Rep, Faculty of Eating Disorders, RCPsych</p>

4.45pm-5.15pm	<p>Panellists:</p> <ul style="list-style-type: none">• Dr Rory Bolton• Professor Zafra Cooper• Professor Camilla Lindvall Dahlgren• Professor Chiye Aoki• Vanessa Longley, CEO, BEAT• Dr Nick Hawkes, Chair of British Eating Disorders Society and Consultant Clinical Psychologist and Clinical Lead, Bedfordshire and Luton Adult Community Eating Disorders Service provided by ELFT Foundation NHS Trust
5.15pm - 5.30pm	<p>Closing comments and poster prizes</p> <p>Dr Ashish Kumar, Chair of Faculty of Eating Disorders, RCPsych, Clinical Director, CAMHS, Mersey Care NHS Foundation Trust</p>
5.30pm	End of conference