

Multi-family therapy and family therapy in anorexia nervosa: changes and updates in the last decade

13
FEB



9.30u tot 16.30
Provinciehuis Gent

Description

On this study day, dr. Mima Simic and dr. Julian Baudinet will guide us through the core approaches of **anorexia nervosa-focused family therapy (FT-AN)** and **multi-family therapy (MFT-AN)**.

Anorexia nervosa-focused family therapy (FT-AN)

FT-AN, developed at London's Maudsley Centre for Child and Adolescent Eating Disorders, is one of the most **effective, evidence-based interventions** for adolescents with anorexia nervosa.

Anorexia nervosa-focused Multi-family therapy (MFT-AN)

MFT-AN is a powerful extension of this family-based approach, bringing several families together to share experiences and support one another in treatment.

What you will learn

Participants will learn about the **key principles** of these therapies and how they are **applied in practice**. The scientific background and the practical application of FT-AN and MFT-AN will be discussed, highlighting the most important developments of the past decade. There will also be room for **questions and discussion**.

Whether you are **new to these approaches or looking for an update on recent progress**, this study day offers valuable insights into how families can be empowered to support recovery in young people with anorexia nervosa.



Presentors

Dr Mima Simic, MSc, MD, MRCPsych is Joint Head of the Maudsley Centre for Child and Adolescent Eating Disorders (MCCAED) and a Consultant Child and Adolescent Psychiatrist.

Dr. Julian Baudinet is Joint Head of the Maudsley Centre for Child and Adolescent Eating Disorders and consultant psychologist.

Registration

Register here.



[Register](#)

In collaboration with

The **Postgraduate Program in Couple, Family, and Systemic Psychotherapy (GHALL/UGent)** and **Eetexpert** are pleased to host this seminar in celebration of the 15th anniversary of the postgraduate program and the 25th anniversary of Eetexpert.