

12th International Conference: London Eating Disorder Conference 2015. A three-day practical conference and exhibition 18th-20th March 2015.

The International Eating Disorder Conference convenes every 2 years in London and it attracts a large volume of academics, researchers and practitioners specialising in the field of Eating Disorder both working with children & adolescent and adults. The aim of the Conference is to showcase the latest research and clinical expertise in this specialist field, to disseminate information, encourage networking and promote good practice. The conference is packed with a 3- day programme of lectures, workshops, poster displays and master classes.

I work as a Family Systemic Psychotherapist on the Inpatient unit for adolescent and young adults. I had hoped to find out more about new developments in evidence based practice, research in the neurodevelopmental and neuropsychological field and some new practical and sparkly ideas about how to work with groups in the inpatient context. I wanted to feel inspired, made new connections and take some innovations that I could share with my team and implement in our ways of working.

I could have not been satisfied more. Although by the last day of the conference I felt a slight information overload I was still able to classify information and share it with a great enthusiasm with my colleagues. The organisers made my job so much easier by making the materials presented during the conference available on-line.

I was most excited about the Radical-Openness DBT therapy groups for eating disorders, which are confidently and dynamically run by The Haldon EDS in Exeter. With a great amount of research and evidence based practice it definitely made me believe that we could be sharing this great practice on our unit. There have also been a lot of talks and workshops in a subject of compassion, self-compassion and mindfulness which interests me both personally and professionally.

I saw a sophisticated MS excel weight charts that a team from St George's hospital have developed to continuously monitor the progress in their ED patients. Thanks to the organisation during the conference I had a chance to meet great people who presented their innovative ideas, interests and research findings as posters. By networking with others I was also able to pick on new ideas and request specific innovations to be emailed to me so they could be used by the unit.

I felt so privileged to hear and meet some of the "celebrities" in our field which made me feel empowered to be able to prepare workshops or lectures and share them with a wider audience too.

Although my attendance on the conference was sponsored by a different source, I know I'm lucky, The Generous FPSA has funded my travel, accommodation and sustenance expenses, which made this experience possible. The hotel was just a corner away from the Institute where the Conference took place and the dining place variety suited the needs of the hungry brain.

Once again I am very grateful to FPSA for their generosity in supporting my attendance at this Conference, which has been a wonderful opportunity and a great CPD experience. Thank you.

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