

London Eating Disorders Conference 2015

The London Eating Disorders Conference is held every other year and is the main conference to attend within the field of eating disorders. It is upheld by a number of high profile clinicians and researchers and aims to provide as much up to date information as possible regarding recent and on going research, clinical work and opinions from people working within the field of eating disorders throughout the world.

It truly is an experience to get you thinking about the way in which you work and provided me with much thought regarding my current practice and the setting in which I work.

Of particular interest was a workshop held on Radical Openness Dialectical Behavioural Therapy which was presented by The Holdon clinic in Exeter. A unified approach had been fully integrated within their service spreading across patients, all staff and carers. It left me thinking about how we might be able to apply this into my current work setting and has certainly sparked conversations about moving our inpatient eating disorder unit forward to acknowledge more inspiring practices that are showing clear validity.

With the support of the FPSA who covered my travel, accommodation and sustenance costs for the three day conference I was able to indulge myself at this conference within in area of work I am passionate about.

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