

DATE 23rd May 2018

Ms. Katy Thorne,
The Foundation for PSA SECRETARIAT
The Foundation for Professionals in Services for Adolescence
Holtwood, Red Lion Street, Cropredy, Banbury, Oxon OX17 1PD

Report on Training in Multi-Family Group Therapy for Eating Disorders, and Subsequent Implementation of Clinical Groups in our Tier 4 Service, Éist Linn Adolescent Specialist Services, Cork, Ireland.

Éist Linn received a grant from FPSA in September 2017, to cover costs of training in Multi Family Group for Eating Disorders run by the Maudsley group. Dr. Aileen Whyte, Senior Clinical Psychologist, and Mr. Lewis Steven (Steve) Maricle, Senior Social Worker & Trainee Family Therapist, then attended that training which was held in Manchester, from 11th to 14th September 2017. The training was of an excellent standard and feedback from clinicians at the end of the four days was very positive.

Subsequently, Dr. Aileen Whyte and Steve Maricle, along with other clinicians, ran a Multi Family Group for Eating Disorders, from Monday 14th to Thursday 17th May 2018. Six families attended the group, with parents, siblings, and young people with Anorexia attending. Feedback from parents, siblings, and young people with Anorexia at the end of the four days was very positive.

Among those who attended the MFG, one is a young person who is currently an inpatient at Éist Linn and we feel that the MFG has helped her parents to feel more confident in managing her Anorexia at home. We expect to discharge her from hospital this week, with her length of stay having been shortened following the MFG intervention.

Another young person has previously had a lengthy inpatient stay at Éist Linn and had been re-referred because he had not been doing well. Following the MFG the young person himself stated he was more confident he could 'fight' the ED and his parents felt more confident in their ability to successfully re-nourish him at home. We are hoping the need for another admission may have been averted by the intensive MFG four day intervention and that the outpatient Tier 3 CAMHS team may successfully hold this case for now.

Two of the other cases had been referred for inpatient treatment also, but following the intensive four day MFG treatment both of these families are more optimistic and confident in

their ability to manage the Anorexia, so we will wait to see if these cases can be managed at Tier 3 outpatient CAMHS level for now.

We plan to hold 4 follow up days over the next 6 to 9 months, to provide continued support for the young people and their families.

We also plan to run an adapted version of MFG for our young people who are inpatients. This group is currently in planning stage, but we expect it will offer 4 families an intervention over the course of 6 to 8 evenings, modelled on the MFG intervention but adapted for a different time format (evenings rather than four full consecutive days). This format works better for families, because they don't have to take as much time off work. It also is more feasible for our staff group to run an intensive group spread across a number of evenings rather than to have to free up a number of clinicians for four full consecutive days. We hope this intervention may help families feel more confident in their ability to manage the Anorexia at home and my thus shorted length of admissions.

As individuals, and as a service, we are extremely grateful to the financial support provide to us by FPSA which has allowed us to offer an intensive outpatient treatment which we believe has been very beneficial to the young people and their families and has likely resulted in cost savings and more efficient use of scare inpatient beds.

Yours sincerely,



Dr. Aileen Whyte, Senior Clinical Psychologist



Steve Maricle, Senior Social Worker