

On Wednesday 18th May 2016, the Scottish CAMHS Eating Disorder Steering Group, in conjunction with EEATS, ran a very well attended conference on “Eating Disorders in Children and Adolescent’s – Current Research and Practice and Innovative Ways Forwards” at the Westpark Conference Centre in Dundee.

The national conference was part funded by a grant from the Foundation for Professionals in Services to Adolescents (FPSA). The conference was attended by clinicians from across NHS Scotland, individuals from the Voluntary Sector, and parents / carers.

Professor Janet Treasure (Director of the Eating Disorder Unit at the Institute of Psychiatry, King's College London, and at the South London Maudsley Hospital) presented a very well received review of current research and practice and discussed innovative ways forwards in supporting Parents and Carers. Dr Helen Sharpe (Psychologist, University of Edinburgh) discussed her work on Body Image and Body Dissatisfaction, generating discussion around this very important area. Dr Joy Olver, Consultant Psychiatrist for NHS Tayside CAMHS gave a thoughtful overview of past and current thinking around Diagnosis and Classification of Feeding and Eating Disorders in Children and Young People. All main floor speakers received very positive feedback, and stimulated passionate thinking and discussions around service development and best ways forwards in terms of supporting children and young people with eating disorders in Scotland, and their families.

The day also afforded the opportunity to attend workshops on different topics from a variety of presenters – Practical mealtime skills and emotional tools for parents by Eva Musby; Multi-Family Therapy by Eoin Power; an FBT masterclass by the Connect CAMHS Eating Disorder Team; Implementation of FBT in remote and rural areas by Dr Nick Dunne and Jonathan Davies; Working Effectively Alongside Parents / Families by Professor Janet Treasure; The role of Medication in Treatment by Dr Kandarp Joshi; and CBT-E by Mirin Craig.

The day was incredibly packed – in fact some feedback suggested we should hold the next conference over 2 days. We are very grateful to all presenters as well as participants for making it such a success, and look forward to our next conference in 2018.

**Dr Rachael Smith, Consultant Psychologist / Vice Chair;
Scottish CAMHS Eating Disorder Steering Group.**