

**Course name: Eating Disorders**

Prof Janet Treasure & Hubertus Himmerich

Session date: Thursday, 28 September 2023

Session time: 08:30 – 11:30 (break at 10:00-10:30)

**Janet Treasure OBE, MD PhD FRCPsych, FRCP, FAED**

Janet is a Professor at King's College London and a Consultant Psychiatrist at the South London and Maudsley NHS Foundation Trust. In 2013 she was awarded an OBE for her work in eating disorders and in 2022 she was made a fellow of the Academy of Medical Sciences. A key focus of her research has been working with people with lived experience of an eating disorder (patients and carers) to co design and codevelop and co deliver new treatments with a particular focus on people with a severe enduring illness or comorbidities such as diabetes. She has had a particular interest in the biological, psychological and social risk and maintaining factors.

She has a h index of 142 and she has trained and worked with academics and clinicians across the world. She has published a number of academic books and also books for people with an eating disorder and their supporters.

**Hubertus Himmerich, Prof. Dr. med.**

Hubertus Himmerich is a Clinical Senior Lecturer in Eating Disorders at King's College London and a Consultant Psychiatrist on an inpatient ward for patients with eating disorders at the South London and Maudsley NHS Foundation Trust. Following medical school and his research MD (Dr. med.), he received his scientific and clinical training in psychiatry and psychotherapy at the Max-Planck-Institute of Psychiatry in Munich and the Universities of Mainz and Marburg in Germany. After his habilitation at the University of Marburg, he worked as a Consultant Psychiatrist on an inpatient psychotherapy ward for patients with eating and personality disorders at the RWTH Aachen University Hospital from 2007 until 2009 and as a Professor for Neurobiology of Affective Disorders at the University of Leipzig from 2009 until 2015. He has led the development of the 2023 update of the international WFSBP guidelines for the pharmacological treatment of eating disorders.

**Summary**

This seminar will include up-to-date information on changing forms of disordered eating, social and biological aspects of eating disorders, and novel psychotherapeutic and psychopharmacological approaches. It will facilitate discussions on treatment planning, transitioning between services and the integration of creative arts therapies.

Eating disorders have changed in their form, epidemiology, and clinical and social features over the last 50 years. Binge spectrum disorders have increased, and 15% of the population are at risk of developing episodes of overeating. This group is more diverse in terms of many sociodemographic features including age, gender, sexuality and ethnicity. The important role of social factors is evidenced by the rapid increase in these problems during the COVID epidemic.

There has been great progress in understanding the aetiology over the last 30 years.

Genetic findings have revealed the psychosomatic underpinnings with a profile that not only is like that of other psychiatric disorders but also conveys a diverse range of metabolic risk across the eating disorder spectrum. Maintaining factors relating to the disorder eating itself

additionally contribute to the complexity of these disorders which are notorious because of their resistance to treatment.

The novel biological research findings have been integrated into cognitive interpersonal models that provide a framework for the Maudsley model of anorexia nervosa treatment for adults (MANTRA). Several novel adjunct treatments are currently under examination, for example cognitive remediation therapy (CRT), cognitive remediation and emotion skills training (CREST), Experienced Carers Helping Others (ECHO), and recovery MANTRA. Inpatient treatment requires thoughtful admission, care, and discharge planning. Specific aspects of inpatient treatment include the use of a legal framework for severely affected patients, tube feeding and monitored psychopharmacological treatment. There are unique challenges that individuals with anorexia nervosa face upon leaving intensive treatment which make post-discharge planning, a support system, and the formation of an identity outside of anorexia nervosa desirable for continued recovery.

The currently approved pharmacological treatment options for eating disorders are limited to fluoxetine for bulimia nervosa and - in some countries - lisdexamfetamine for binge eating disorder. Promising novel pharmacological ideas are the application of psychedelic drugs like psilocybin or ketamine and metabolic modulators such as metreleptin.

In the future, digital and technological augmentation with virtual reality, creative arts and music such as singing groups and therapeutic playlists might be used more often to optimize patients' treatment outcomes and wellbeing.