

MANTRA WORKSHOP

The Maudsley Model of Anorexia Nervosa Treatment in Adults

A 2 DAY CPD WORKSHOP:

Wednesday 15th - Thursday 16th March 2023 (9.30am - 5pm), Zoom

Anorexia nervosa (AN) is a highly distinctive disorder at the brain-body interface. Whilst therapeutically 'malleable' early on, once established it is remarkably persistent. It is also notoriously hard to treat. MANTRA or the 'Maudsley Model of Anorexia Treatment in Adults', is a novel and highly effective therapy tailored to the specific needs and characteristics of people with AN. Treatment targets are key maintaining factors, including:

- a thinking style characterised by rigidity, detail focus and fear of making mistakes
- an in-expressive, avoidant emotional and relational style
- positive beliefs about the utility of anorexia for the person
- a response of close others characterised by high expressed emotion and enabling of and accommodation to the illness.

In 2017, the National Institute for Health and Care Excellence (NICE) recommended MANTRA as a first line treatment for adults with AN. Included in this bespoke session training is an overview of the MANTRA group model as it currently stands.

Mary will walk delegates through some suggested structures and explore the ways in which MANTRA can be lifted off the page and into the bodies of the group participants using a host of Dramatherapy interventions that you will all recognise!

This workshop is open to HCPC registered and qualified Arts therapists. It is an interactive, experiential, introductory workshop will teach participants key elements and techniques of MANTRA for different stages of treatment and how to sequence and integrate these in the treatment of adults with AN.

Learning objectives:

- to understand key strategies for the initial phase of treatment
- to develop a collaborative MANTRA case conceptualization
- to work with core maintaining factors such as emotional avoidance and cognitive inflexibility in AN
- to learn how to involve close others in treatment.

Key References: (1) Schmidt U, et al. (2014) Cogn Psychother 28: 48-71. (2) Treasure J, Schmidt U. J Eat Disord 2013;1:13. (3) Schmidt U, et al. J Consult Clin Psychol. 2015 Aug;83(4):796-807.

Facilitator: Mary Franklin-Smith qualified with a Master's Degree in Drama and Movement Therapy from the Royal Central School of Speech and Drama. She is a HCPC registered Sesame Drama and Movement therapist, MANTRA therapist/trainer, Clinical supervisor and Three Principles life coach. She worked for over 17 years in specialist NHS mental health services before taking her own leap of faith to fully fly with Light of Mind. She learned and witnessed so much, working as the CAMHS Lead Therapist in a prison and as a senior leader at The West Yorkshire Adult Eating Disorder Service and continues to offer therapy, training, consultation and supervision to a range of NHS patients and health and social care clinical staff. She has made several radio, podcast and TV appearances speaking about different aspects of mental health, research and innovation. Her work takes her across the globe offering bespoke Light of Mind services in business, education and theatres. She regularly presents at local, national and international conferences and universities. Her research interests include: Embodied group therapy, Innate Health and use of tele therapies and multi/social media.

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Contact franfleming@badth.org.uk to book your place