

# **EATING DISTRESS THERAPY SERVICE (EDTS)**

## **Annual Report 1<sup>st</sup> April 2005 to 31<sup>st</sup> March 2006**

### SUMMARY

Over the past year, the Eating Distress Therapy Service has continued to develop and enhance its reputation as an extremely high quality resource, which involves and respects both the individuals it serves, as well as those who work within and in association with the EDTS. Although still significantly understaffed in terms of quantity, the EDTS now possesses the range of knowledge and skills to be able to provide a truly comprehensive service for eating distress. Reflecting its excellent work and reputation, the EDTS has received considerably increased numbers of referrals, as well as increased requests for supervision, training and consultation. Despite woefully inadequate clinical accommodation, the EDTS has increased dramatically the number of appointments offered, and broadened the range of approaches offered. The EDTS also maintains its principle of being active in both quantitative and qualitative research, as well as creative and innovative practices. The EDTS comprises an excellent skilled and cohesive team, all of whom are committed to being ethical, reliable, reflective and supportive in the way they work.

### CLINICAL CONTACT

The EDTS has finally established its database, recording confidentially comprehensive data as from 1<sup>st</sup> January 2006. We are still, however, refining our collation of reports from this database.

For the complete year ending 31<sup>st</sup> March 2006, the EDTS had a total of 1891 face-to-face appointments. There were 128 referrals, of which 91 opted in to receiving a service.

As an illustration of the data from the new database, figures for January and February 2006 are that the total caseload for the EDTS was 76 service participants, with 7 discharges. Breaking the attendance data down into the two PCTs for these two months:

	Shropshire County PCT	Telford & Wrekin PCT	Other (e.g. Powys)	Total
Number of attendances	315	77	9	401
Number of DNAs without warning	9	7	2	18
Number of DNAs with warning	21	8	4	33
Total number of appts offered	345	92	15	452

For the next year, the new database will be able to provide information including referrals and attendances by practice, diagnosis, details of eating distressed experiences, age range, durations of treatment and outcomes, whilst maintaining absolute anonymity and confidentiality.

Unfortunately the EDTS, like many parts of the Department of Psychological Therapies, has become a victim of its own success, and currently has 28 individuals on its waiting list, leading to a waiting time for therapy of approximately nine months. All those referred to the EDTS, however, are seen for an initial screening within two weeks or less, in order to identify level of need and urgency. The EDTS is also constantly reviewing the waiting list situation, introducing new, effective, alternative ways of working in order to try to reduce its length. (See last section of report.) From the data above, it can already be seen that the EDTS has increased the number of appointments offered and attended by approximately 27%.

At 31<sup>st</sup> March 2006, there are two individuals in specialist in-patient units and a further individual in an in-patient unit who has been transferred to EDTS from CAMHS. Additionally, over the past year there have been eight admissions to such units, ranging in duration from several weeks to several months, but predominantly of shorter durations. The service has a reputation for supporting service participants in the community whenever possible, even at significantly low Body Mass Indices. Research demonstrates greater effectiveness for community treatment over in-patient admissions but, more importantly, service participants prefer to stay at home, where their lives are not disrupted.

## RESEARCH AND PUBLICATION

The EDTS continues to sustain a strong ethos for research and evaluation. Our policy is to involve service participants in all stages of research initiatives, such that user consultants are enlisted from the earliest stages of preparation. Over and above our ongoing development and enhancement of our database, in the past year the EDTS has been involved in the following pieces of work:

- Evaluation and review of a body image group for eating distress.
- Qualitative analyses of therapists' experiences of working with eating distress.
- The impact of a therapist's body size and shape on individuals receiving psychological therapy for eating distress: a qualitative study. (In association with the Clinical Psychology Department, University of Liverpool.)
- Qualitative evaluation of awareness of EDTS staff, role, function amongst Clinical Psychologists working in Community Mental Health Teams.
- Audit of case file data for individuals experiencing eating distress referred to specialist in-patient units outside of Shropshire. (Plus preparation of a proposal for qualitative evaluation of such individuals' experiences.)

Members of the EDTS team have been responsible for the following publications:

- **Faul, Rachel** (2006) A Q-methodological study with regard to domestic violence and policy development. Submitted to Feminism and Psychology.
- **Gatward, Nick** (2006) Anorexia nervosa: An evolutionary puzzle. European Eating Disorders Review (in press).
- **Gatward, Nick** (2006) Eating disorders: The need to belong versus the need to eat. Submitted to Eating and Weight Disorders. Studies on Anorexia, Bulimia and Obesity.
- **Priest, Penny** (2006) Sex and power at the Steigenberger airport hotel. Psychotherapy and Politics International, 4(1): 62-65.

## PUBLIC RELATIONS

The EDTS continues to appear regularly in local media, with several appearances on both Radio Shropshire and Beacon Radio, on subjects such as eating distress in general, body image, and personal experiences. Amanda, Vivien-Jane and Penny have all contributed to this aspect of representing the EDTS in a positive light throughout the county.

One of the important features of our service is the support we provide to parents, partners, families and friends of individuals experiencing eating distress, both therapeutically and in our bi-monthly PPF open evenings. In the past year we have had extremely well-attended PPF sessions offered by, for example, people who have overcome eating distress themselves, including a national speaker and an ex-participant of our own service.

The EDTS section of the website [shropsych.org](http://shropsych.org) is regularly updated, and frequently consulted for information about our service, by clients, families, professionals, and people from virtually all walks of life.

## SUPERVISION

The EDTS offers supervision for work with individuals undergoing the whole range of eating distressed experiences throughout the mental health system, both statutory and voluntary. Supervision given within the past twelve months has included:

<b>Format</b>	<b>To (Within EDTS)</b>	<b>To (Other)</b>	<b>Frequency</b>	<b>Total Hours (approx)</b>
Integrative	Nurse Cons Counsellor Spec Therap Dietitian Asst Psychol	CMHT Psych CBT Therap	4 weekly	12
			4 weekly	8
			Fortnightly	26
			Weekly	39
			Fortnightly	26
			Fortnightly	26
			Fortnightly	13
Analytic		CAMHS	Fortnightly	26
Person-centred	Counsellor		Weekly	26
CAT	Spec Therap		Weekly	78
CBT		CBT Therap	Weekly	52
Gestalt	Clin Psych		Fortnightly	13
Systemic	Team		Ad hoc	13
Managerial	5 staff		Fortnightly	130
Dietetic		Dietitians	Ad hoc	13
<b>TOTAL</b>				<b>501</b>

## CONSULTATION

The EDTS regularly offers consultation to numerous groups and individuals. This has included:

- Case consultations to CMHT workers (psychologists, nurses, social workers, etc).
- Case consultations to GPs, practice counsellors and practice nurses.
- Case consultations to counsellors in the wider Department of Psychological Therapies.

- Case consultations to Consultant Physician and ward staff at RSH.
- Specific consultation to the Family Food Project (Shropshire County PCT) regarding eating distress in looked after children.
- Dietetic consultations, including the development of client literature on fat and calories, and links with Stafford dietitians.
- Consultations to commissioners and senior managers regarding both out-of-county in-patient placements and the establishment of local specialist in-patient facilities.

## TRAINING/TEACHING

Teaching and training offered by the EDTS during the past year has included:

- Regular one hour sessions for small groups (approximately eight persons) of junior doctors.
- Regular input to student nurse training, both small one-off groups and as part of standard courses.
- Teaching session to student dietitians on the basics of eating distress.
- Several one-off lunchtime sessions on the EDTS and eating distress in general to General Practice teams.
- Four half-days on CAT for "difficult" clients to CMHT.

## MANAGEMENT

The past year has been extremely exciting for the EDTS team, with departures, arrivals and returns. At the beginning of April 2005, thanks to the support of Julie Lloyd-Roberts and Shropshire County commissioners, Amanda Hazelwood began with us as our full-time Nurse Consultant, bringing with her substantial experience working with both adults and children in the area of eating distress, and Jan Bywater began with us one-day-per-week as our specialist couple/family therapist, again bringing years of experience from her time with CAMHS.

The departure of our two one-day-per-week counsellors, Kath Reynolds and Chris Brown, was made up for by the return of Jayne Walton at the beginning of May 2005, following a year's maternity leave. The departure of Lucy Gahan was also made up for by the arrival of Rachel Faul as our new Assistant Psychologist at the beginning of October 2005. Lucy was successful in obtaining a training place for Clinical Psychology in Stoke, but intends to continue her connection with us in her doctoral research project under the supervision of Penny Priest. Penny herself was also a new arrival to the EDTS starting two-days-per-week at the beginning of October 2005, although she

had been with us previously as both a voluntary Assistant Psychologist and on her final training year specialist placement.

Thanks to passing his driving test, Nick Gatward was successful in obtaining a full-time permanent post with the EDTS. We were also pleased to be able to extend Annali Hindle's time with us as our specialist dietitian from two to three sessions per week. The EDTS team has gone from strength to strength over the past year, and is now recognised as one of the most cohesive, creative and hard-working services within the Trust. So the EDTS team now comprises:

<i>Dr Vivien Jane Lewis</i>	<i>Consultant Clinical Psychologist Head of Eating Distress Therapy Service</i>	<i>Full-time</i>
<i>Dr Tina Griffiths</i>	<i>Consultant Psychiatrist Cognitive Analytic Therapist</i>	<i>0.2 wte</i>
<i>Amanda Hazelwood</i>	<i>Nurse Consultant</i>	<i>Full-time</i>
<i>Jayne Walton</i>	<i>Specialist Therapist</i>	<i>0.4 wte</i>
<i>Nick Gatward</i>	<i>Specialist Therapist</i>	<i>Full-time</i>
<i>Penny Priest</i>	<i>Clinical Psychologist</i>	<i>0.4 wte</i>
<i>Jan Bywater</i>	<i>Couple/Family Therapist</i>	<i>0.2 wte</i>
<i>Rachel Faul</i>	<i>Assistant Psychologist</i>	<i>Full-time</i>
<i>Annali Hindle</i>	<i>Senior Dietitian</i>	<i>0.3 wte</i>
<i>Viv-Margaret Lewis</i>	<i>Administration</i>	<i>0.5 wte</i>
<i>Winter Solstice</i>	<i>Canine Co-therapist</i>	<i>Full-time</i>

## THE FUTURE!

The EDTS comprises a highly motivated and creative team, with great plans for the next year, including:

- A new closed 16-week Body Image Group, starting on 6<sup>th</sup> April 2006.
- Another of our very popular Counselling Skills for Eating Distress courses, 5 half-days over several weeks, for the Autumn of 2006.
- Further refinement and enhancement of our database, providing reports not only to support our current activities, but also to inform future developments.
- New research projects such as the impact of shame in eating distress, the effectiveness of in-patient treatments, elaboration of effects on those working with eating distress, and ongoing research and evaluation of our own clinical work.
- The arrival of two undergraduate Psychology students from Cardiff on full-time 30 week placements from September 2006.
- Further innovations to address the waiting list, such as guided self-help, support and supervision for GP counsellors, psycho-educational groups, and one-off workshops.
- Improvements in communication with, support for, and co-working with members of Community Mental Health Teams.
- Oh, yes! And Jayne will be having another baby!