

# Irish National Eating Disorders Conference 2025

***“Early intervention is not a race, but a chance to change a life.”***

## PROGRAMME

08:30 – Registration

09:15 – Welcome and Opening Remarks: Jennifer Carroll MacNeill, TD, Minister for Health, & Gerard Butcher; Conference Organiser

09:30 – 11:00 **Morning Workshop:**

**Dr Karina Allen**, Consultant Clinical Psychologist, South London and Maudsley NHS Foundation Trust & King’s College, London

**Topic:** *‘Emerging adulthood and identity development in eating disorders: Learning from FREED (First Episode Rapid Early Intervention for Eating Disorders) and MANTRA (Maudsley Model of Anorexia Nervosa Treatment for Adults)’*

**11:00 – 11:30 Coffee/Tea Break**

11:30 – 12:45 **Short Paper Session**

11:30 – 11:50 **Zuzanna Gajowiec**; Certified Eating Disorder Specialist & Supervisor CEDS-S Clinical Psychologist/Family Therapist, Psychology Hub

**Topic:** *‘Nourishing Neurodiversity: Integrating Inclusive Approaches in Eating Disorder Treatment’*

11:50- 12:10 **Alice Richardson**; Peer Support Worker, National Eating Disorders Recovery Centre, Dublin

**Topic:** *‘The role of a peer support worker as part of a Multi-Disciplinary Team’*

12:10 – 12:30 **Dr Fiona Flynn**; Youth Development Manager, BODYWHYS.

**Topic:** *‘A Real-World Perspective: Promoting Positive Body Image & Awareness of Eating Disorders in Secondary Schools’*

12:30 - 12:45 **Panel Discussion**

**12:45-14:00 – Lunch - Registration area**

14:00 – 16:00 **Afternoon Workshop:**

**Prof Annemarie van Elburg**, Professor of Clinical Psychopathology, Utrecht University, Netherlands & **Dr. Gwen Dieleman**, Consultant Child and Adolescent Psychiatrist, Erasmus Medical Centre-Sophia Children’s Hospital, Rotterdam, Netherlands.

**Topic:** *‘VIBES’ – A family-based early intervention programme for eating disorders*

**16:00-16:15 Feedback Session and End**