

Within the workshop, we will be discussing some of the many issues and ideas when working with clients with an eating disorder and explore some of the systemic therapeutic options. We will also explore mental health issues which often appear alongside this.

This workshop is aimed at therapists, health and social workers who support either individual clients, couples or families and who may come across eating disorders and other related mental health issues during their work with their clients but do not have an in-depth knowledge as to how to navigate and provide support.

It may also benefit other professionals looking to expand their knowledge on this topic.

Given the complexity associated with these issues, we are not aiming to train you to work with such clients directly, but wish to help you to learn how to recognise the signs, provide support within the family or client couple, discuss associated risks and if, when and how to refer on to other services, including specialist treatment providers.

## How to Book

[Click here to book your place on the workshop](#)

## Date of Workshop

Monday 28<sup>th</sup> November 2022  
9:30am - 1:00pm

## Venue

The workshop will take place online using the Zoom platform.

## Cost

The cost for the workshop is £70 per person.

## Contact

Please feel free to contact us with any questions that you have as we are always delighted to discuss your needs. We very much look forward to welcoming you to the workshop.

Telephone – [+44 \(0\)20 3930 1007](tel:+44(0)2039301007)

Email – [contact@leonecentre.com](mailto:contact@leonecentre.com)

Web – [www.leonecentre.com](http://www.leonecentre.com)

**Working  
systemically  
with eating  
disorders and  
other related  
mental health  
issues.**



LEONE CENTRE

## In this workshop we aim to do the following:

1. Focus on the particular issues faced by clients and their families (includes parents, siblings, partners or children of the sufferer).
2. Share interventions and discuss systemic treatment ideas and approaches.
3. Look at the role of partners who often move into the role of a carer.
4. Consider the longevity of the illness and the effects this can have on the whole family.
5. Work through a number of case studies to illustrate many aspects of the above.
6. Consider the self-reflexivity of the therapist in relation to such challenges.
7. Discuss risks and treatment options.

## The workshop will be facilitated by:

- **Sylvia Metzger** Principal systemic family psychotherapist &
- **Marilyn Brennan** Principle systemic family psychotherapist

**Sylvia Metzger** is a principal systemic family psychotherapist working with client families primarily with eating disorders, anxiety and self-harm issues. She works at the Prudence Skynner couples and family clinic, a tier 3 and 4 NHS service based at Springfield Hospital in Tooting. Here she provides therapeutic support to adult families and couples with significant mental health issues. Prior to this, she worked in an NHS role for the same hospital with adult families and couples with eating disorder issues. She also runs her own private practice and has recently started providing consultancy services to the Leone Centre. She also works with the Schoen Clinic in Chelsea, the London Centre for Eating Disorders and the Priory Hospital in Roehampton, working with both adolescent and adult patients and their partners and families. Outside of therapeutic work, Sylvia also works as a clinical supervisor, senior lecturer and trainer and she supervises MSc supervision groups through the Institute of Family Therapy (IFT). She is acting Chair of the Ethics Committee for the Association of Family Therapy (AFT) and also attends the AFT training committee and board meetings. Sylvia regularly writes, lectures and presents on behalf of the profession. She has a background as an organisational psychologist, for over 20 years providing organisational coaching, leadership training and facilitation.

**Marilyn Brennan** is a principal systemic family psychotherapist, working part time for the Prudence Skynner Couples and Family Clinic as a tutor on the foundation and intermediate family therapy courses since 2003. From 2002, until her partial retirement in 2016, she worked in the same trust on the Adult National Eating Disorder Service. She also worked privately for a short time at the Nightingale Hospital Marylebone in their eating disorder service and adolescent inpatient wards and outpatient clinics. Marilyn has also been a supervisor for many years and has supervised at MSc level at the Prudence Skynner clinic and for the Institute of Psychiatry. Prior to 2002 Marilyn had a long career in nursing occupying a number of posts from staff nurse to team leader, mainly working in adult services working with survivors of child sexual abuse, self-harm and voice hearers. In 2001 she won a national award for work in the latter area. Marilyn has been an external examiner for Surrey University family therapy courses from 2017-2021. In the past she has sat on a number of boards with AFT as a national assessor, and on their professional affairs and accreditation committee. Marilyn has written four published articles in the family therapy magazine Context, one with Sylvia, exploring the challenges and rewards of working with adults with an eating disorder and their families.