

## Institute of Psychiatry, Psychology & Neuroscience Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA)

	Day 1		Day 2
9.15 - 9.45	Registration	9.30 - 10.00	Treatment Planning
9.45 – 9.50	Welcome, introduction and orientation to the days	10.00 – 11.30	Working on Emotions & Relationships
9.50 - 11.00	Introductions to MANTRA model, evidence & treatment	11.30 - 12.30	Karina Allen – A MANTRA case story
11.00 - 11.15	<b>Refreshment Break</b>	12.30 - 13.30	<b>Lunch</b>
11.15 – 12.15	Getting Started	13.30 – 14.30	If in doubt zoom out: Working with Thinking Style
12.15 – 13.00	Turning Kangaroos into Dolphins: Involving Carers	14.30-15.15	Identity
13.00 - 14.00	<b>Lunch</b>	15.15 - 16.15	Building the Virtuous Flower of Recovery: Preventing Relapse and ending Therapy
14.00 - 15.00	Kate Williams: Not Just Nutrition: Fuel, Self-care and Pleasure	16.15 – 16.45	Questions
15.00 - 16.30	The Vicious Flower of Anorexia: Formulation		
16.30 - 17.00	Questions		

Coffee and tea breaks will be scheduled flexibly during the day.