

Sharing Clinical experience with PEACE pathway

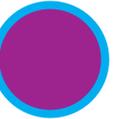
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Maudsley Hospital, London

27th February 2024

PEACE 

Pathway for Eating disorders and Autism
developed from Clinical Experience

Agenda

- PEACE and FREED
- Identifying and raising autism
- Treatment overview with adaptations
- PEACE Huddle



& PEACE

- (16) 18-25 years
- First episode eating disorder (duration of 3 years or less)
- Early intervention
- Key adaptations:
 - Effects of eating disorders on the brain
 - Family/carer involvement
 - Social media
 - Transitions
 - Emerging adulthood

Identifying and Raising Possible Autism

- Routine Outcome Measures - AQ-10

Assessment: include on an assessment proforma:

*“Do you have a diagnosis, **OR** suspect you might have a neurodevelopmental condition such as autism or ADHD?”*

Treatment: follow up on any feature(s) of autism you have identified, or by raising their AQ-10 score:

“we know that sometimes people with neurodevelopmental conditions such as autism can find X and Y difficult, have you ever considered this yourself?...would it be something you would want to explore?”

Treatment Overview – *Initial Sessions*

Consider the following:

- Family involvement
- Transitions - upcoming/recent
 - Finishing school
 - Starting university/work
 - Moving away from home
- Treatment expectations – be explicit e.g. missed session policy (especially if prior involvement with services)
- Closed questioning
- Early nutritional changes – a visual hierarchy can be helpful

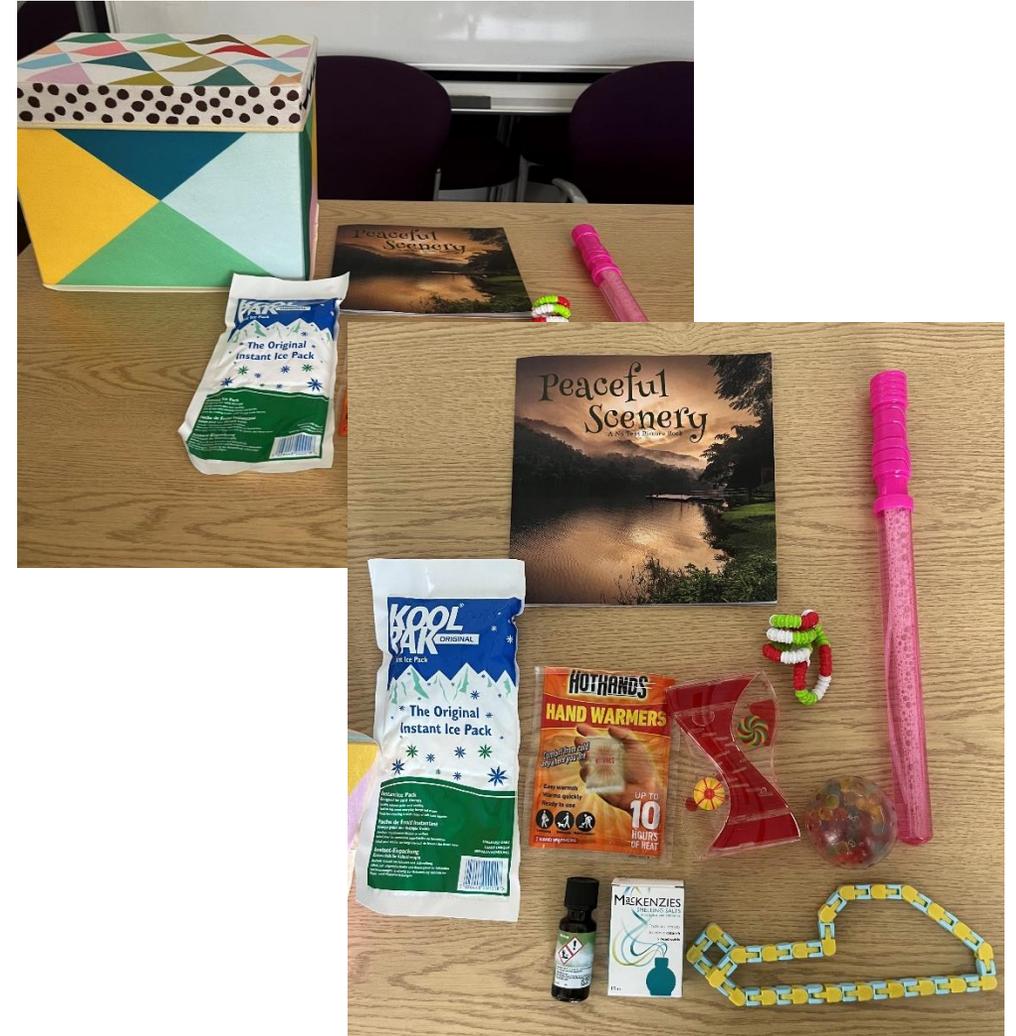
In-Session Adaptions

In person

- Try to have the same (quiet!) room each session
- Position of seats
- Lights – on/off – natural light?
- Grounding box

Both - Virtual/In person

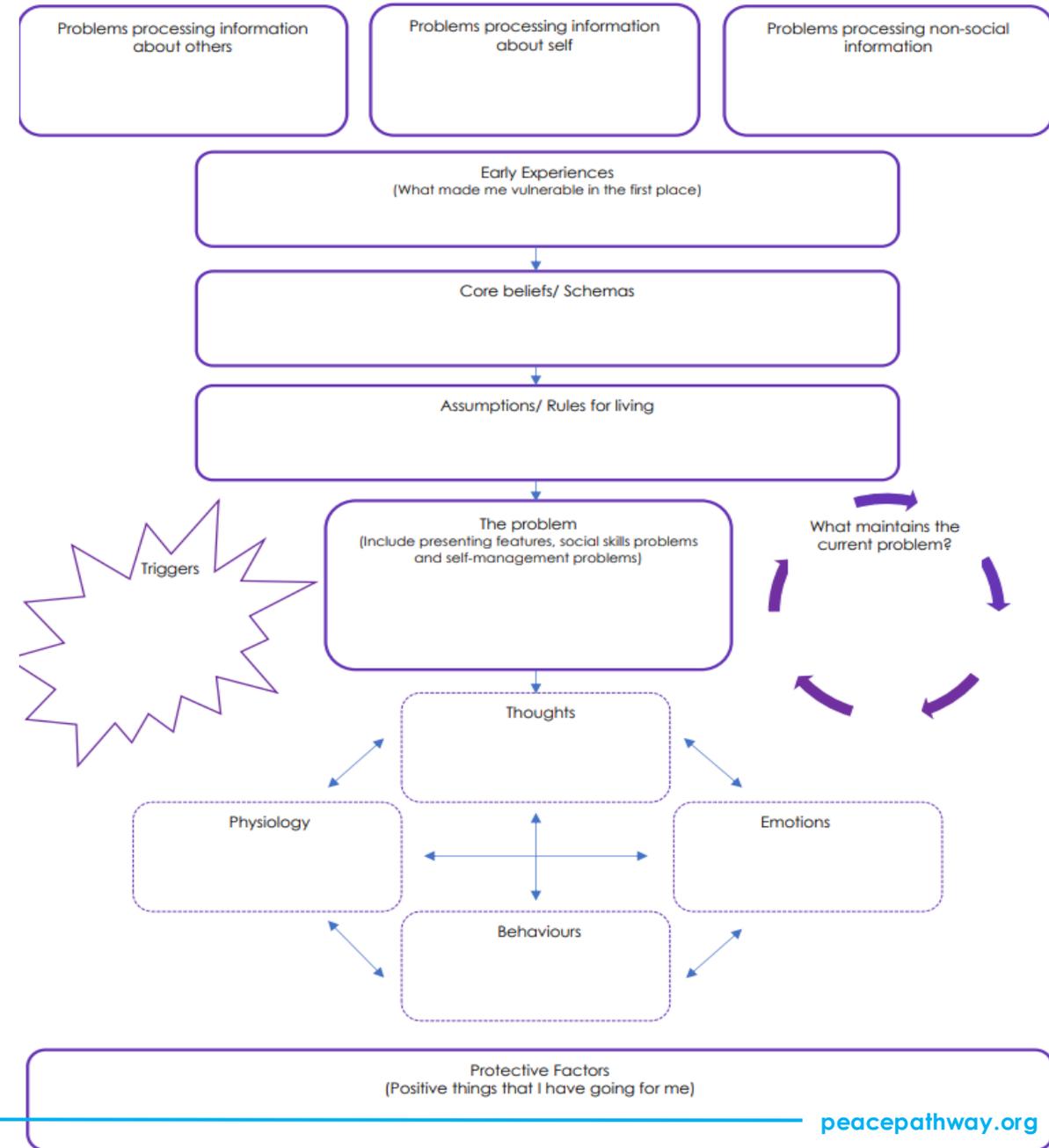
- Quiet time at the start of the session
- Fiddle toy



Mid Treatment

Formulation:

Incorporate (possible) autism with the addition of early experiences if using a CBT-E (Fairburn, 2008) model. Alternatively Beck et al.'s (1979) model can be adapted as shown here



Mid Treatment - *Areas of Exploration*

- Supermarket experiences
- Food preferences – distinctions between autism vs eating disorder
- Safety behaviours

Communication Passport

- Particularly if other teams/professionals involved

Date completed: _____

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My Communication Passport

HELLO
MY NAME IS

How I would like you to communicate with me:

Sensory needs:

My special interests and strengths are:

Other things you should know about me:

My dislikes and things that I struggle with and how you can support me:

Main message that I would like you to know:

You can support me by:

KING'S College LONDON
The Health Foundation
South London and Maudsley NHS Foundation Trust
NHS
Maudsley Charity
Backing Better Mental Health.

Contributed by Yasemin Dandil (Project Manager - PEACE Pathway)

Risk Assessing

Traditional risk questions can cause problems:

- “Do you have thoughts of hurting yourself in some way?”

Questions you could ask:

- *‘How many times did you think of harming yourself today?’*
- *‘How long did you think about it when you got the thoughts?’*
- *‘Do you think these thoughts will be less or more over the next week?’*
- *‘When you get the thoughts how do you respond to them?’*

Royal College of Psychiatrists. The Psychiatric Management of Autism in Adults - College Report CR228 (2020)

End of Treatment/Follow up

- Treatment sessions taper towards the end
- Transitions to new services
 - Link with new ED team/University
 - Provide new team with the most effective ways of communicating with the person
 - Discuss family involvement (if appropriate with the new service)
- Treatment/review sessions extended through difficult transitions
- Equality Act/Reasonable adjustments
- Green/Amber/Red relapse prevention

PEACE Huddles

- Open Teams meeting
- Weekly
- 30 minutes
- Discussion Points
 - Case Presentations - invaluable for MDT input
 - Research
 - Guest Speakers
 - Educational Talks



References

- Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G. (1979). *Cognitive therapy of depression*. Guilford Press.
- Fairburn, C. G. (2008). *Cognitive behavior therapy and eating disorders*. Guilford Press.
- FREED: <https://freedfromed.co.uk/>
- PEACE: <https://www.peacepathway.org/>
- Royal College of Psychiatrists. *The Psychiatric Management of Autism in Adults - College Report CR228*. Royal College of Psychiatrists, 2020. (https://www.rcpsych.ac.uk/docs/default-source/improving-care/better-mh-policy/college-reports/college-report-cr228.pdf?sfvrsn=c64e10e3_2)