Dr Catia Acosta, MD, MRCPsych

Dr. Acosta is Consultant Psychiatrist, with accreditation in liaison psychiatry, perinatal and eating disorders and expertise in ADHD and psychotherapy interventions in eating disorders and perinatal. She works part time at the K&C perinatal mental health team, based at South Kensington and Chelsea mental health unit and Chelsea and Westminster Hospital (CNWL NHS Foundation Trust) and part time at her private practice. She previously worked as an Eating Disorder consultant and has a special interest and expertise in eating disorders in the perinatal period. She is certified in the neonatal behaviour observation (NBO) by the Brazelton centre and is part of the RCPsych’sExpert Reference Group for Fabricated and Induced Illness (FII) by proxy/in children (previously known as Munchausen syndrome by proxy) and co-authored the guidelines for assessment and work as an expert witness in this area for family Court, amongst other expert witness work in perinatal, eating disorders and general adult psychiatry. She regularly teaches and lectures on these subjects, nacional and internationally, including being one if the trainers for the RCPsych masterclass on perinatal psychiatry, funded by HEE. She previously trained in obstetrics and gynaecology. [www.catiaacosta.com](http://www.catiaacosta.com)

Abstract:

Eating disorders are common mental illness as are antenatal and postnatal anxiety and depression in the perinatal period ( from conception to 1years post delivery). Eating disorders increase the risks of development of perinatal mental illnesses and eating disorders specially if untreated can negatively impact on the outcomes of pregnancy, unborn and new born growth and development not only short but long term. Together the risks increase even further for both mother and child so early identification and treatment is essential. Here you will learn about eating disorders in the perinatal period, impact on pregnancy and post natal period, plus recommendations on how to address this delicate subjects with mothers, screen, diagnose and monitor, with recommendations for management and treatment including joint working with different health professionals.