***Bio of Kumari Abeydeera***

Kumari Abeydeera has twenty years of therapeutic experience in Eating Disorders, firstly as an Occupational Therapist heading up an inpatient eating disorders day programme in a CAT informed service, and then a decade as a Cognitive Analytic Therapist and Supervisor offering individual, family and group intervention across the spectrum of eating disorders in in, day and outpatient settings.

Kumari was the Senior CAT Therapist and Supervisor at The Vincent Square Eating Disorders Service in London till 2016, alongside working in private practice in collaboration with The Priory Hospital group. In this capacity she also worked with MDTs to collaboratively formulate contextual reformulations and delivered CAT informed training programmes.

Since relocating to the Blue Mountains she has worked as a CAT Therapist  and Supervisor at the Northside West eating disorders service, and now works in privately providing Skype CAT supervision and in-person mindfulness programmes to children.

Kumari completed her CAT training with Claire Tanner in 2008 at the Maudsley, and also has a Masters in Mental Health from Kings College London where she specialised in CBT in eating disorders and women’s mental health. She is also trained in the Maudsley’s multi family therapy for adolescents with eating disorders and has spent much of her CAT career integrating CAT and family work in the eating disorders setting.

Kumari is also a Mother and ceramicist, and happiest in the mountain idyll where she lives with her family.