



BSACI Psychology Special Interest Group On-line Training Workshop

Psychological support for food allergy patients and families:
A training workshop for healthcare professionals

26-09-2025

9:30-17:00

9.30 am

Welcome from the Chair of the Psychology Special Interest Group and introduction to the day

9.45 am

Introduction to the psychological impact of food allergy – what we have learned from the Global Access to Psychological Therapies for food allergy (GAPS) study

10.15 am

Psychologically informed environment within the MDT: practical strategies to reduce anxiety when introducing foods

10.45 am – BREAK

11.00 am

Working with clinical psychology services, starting conversations about mental wellbeing and how to know someone needs support

11.45 am

What tools and questionnaires are available to me and how to use them?

12.45 PM – LUNCH BREAK

1.30 pm

Introduction to skills to support your patients (with breakout groups)

2.45 pm

Case studies – what therapy works in practice and how to adapt therapy to the food allergy context

3.30 pm – BREAK

3.45 pm

Discussion regarding unmet needs of healthcare professionals to support patients (with breakout groups)

4.15 pm

Feedback and discussion and Evaluation questionnaire

4.45 pm

Final thoughts and close

Book via Eventbrite [HERE](#)

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through education, training and research

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