



SOMERSET & WESSEX EATING DISORDERS ASSOCIATION

ENGAGE • ENABLE • EMPOWER

EATING DISORDERS TRAINING FOR PROFESSIONALS WEDNESDAY 26TH OCTOBER - 10AM TO 4PM

In this workshop, Sarah Stevens will be exploring ways to help you understand, engage and work with clients who present with an eating disorder. Therapy for eating disorders needs specialist knowledge and this workshop is an introduction to this complex area. It is suitable for counsellors and therapists who want to learn more and it may also be helpful for anyone working in a role which involves interacting with those who may suffer from eating disorders or their carers such as non-specialist nurses, support workers, teachers or other non-specialist healthcare professionals.

Course content includes (but maybe subject to change depending on participants' knowledge):

- To consider the signs and symptoms of potential eating disorders
- To look at the factors involved in developing and maintaining eating disorders
- To learn about the ways in which starvation affects the mind and body
- To explore our own attitudes to food and eating
- To understand the support available for sufferers and their families/carers
- To help you feel more confident in your professional role to support someone with an eating disorder and their parents/carers
- To learn about different treatment options
- To explore case studies and learn how you, as a professional, would deal with a particular situation
- To have time to reflect and share your own personal experiences in supporting your client group with eating disorder

Trainer: Sarah Stevens is an experienced therapist, supervisor and trainer and is the Deputy Clinical Services Manager at SWEDA. She specialises in working with clients with eating disorders.

Cost per workshop: £120

Venue: SWEDA premises OR via Zoom - TBC

Booking: To book your place please email Christine Ellsom at admin1@swedauk.org Please book as early as possible as places are limited.

Breaks: There will be scheduled breaks throughout the day; you will be advised of these at the beginning of the day.

Cancellations: There will be a £25 charge for cancellations made up to one month of the date of training. No refunds will be considered for cancellations made after this time.

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