



SOMERSET & WESSEX EATING DISORDERS ASSOCIATION

ENGAGE • ENABLE • EMPOWER

WORKING WITH COMPULSIVE OVEREATING WEDNESDAY 29TH SEPTEMBER 2021 — 9.45AM TO 2.45PM

In this workshop Nerissa Shaw, with assistance from Sarah Stevens, will be exploring ways to help you understand, engage and work with clients who struggle with overeating. Eating Disorder models do not always account for what might be termed 'emotional overeating' or 'compulsive overeating', which can be different to Binge Eating Disorder. Therapy for eating disorders and disordered eating 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 struggle with overeating in various forms, or their carers, such as non-specialist nurses, support workers, mental health professionals, teachers or other non-specialist healthcare professionals.

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

- To define what we mean by 'compulsive overeating' and 'Binge Eating Disorder'
- To consider the difference between this presentation and other eating disorders
- To explore our own feelings about 'internalised fatphobia' and the 'fatphobia' of society
- To look at why people eat compulsively and what may be going on for them including exploring various models for obesity and overeating
- To explore the factors that perpetuate disordered forms of overeating
- To look at models of recovery and how to work therapeutically with these problems
- To have time to reflect and share your own personal experiences in supporting any clients who may have this presentation

Trainer: Nerissa Shaw is an experienced therapist, supervisor and trainer and is the Clinical Lead at SWEDA. She specialises in working with clients with eating disorders. Sarah Stevens is a therapist and is the Deputy Clinical Lead at SWEDA. She has a wealth of experience in working with eating issues.

Cost per workshop: £65

Venue: SWEDA premises. This course will be delivered face to face unless government guidelines dictate otherwise.

Booking: To book your place please email Chris 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 cancellation charge for cancellations up to 1 month of the date of training. No refunds will be made for cancellations made after this time.

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