

Eating Disorders Workshop

About the workshop

This one-day workshop is suitable for professionals and individuals who have an interest in understanding the complex issue of disordered eating. The workshop will be delivered in an experiential style and will give the participant an in depth understanding of the issue of self-harm.

Delivery method

The workshop is delivered by professional counsellors with a high-level of experience in working with clients with this issue, and will draw upon their own expertise and working practice to complement the taught elements of the programme.

Learning objectives

On completion of this module the participant will:

- Understand the links between self-esteem and body image.
- Understand the messages we receive about body image from a range of sources.
- Understand the issues faced by people who have developed a range of eating disorders.
- Understand the functions of eating disorders.
- Understand the thoughts and feelings of people who develop eating disorders.
- Identify the symptoms of eating disorders.
- Understand the medical consequences of eating disorders.
- Develop techniques that will enable the participant to respond sensitively to people with disordered eating.

Course costs vary depending on the number of participants and location of training. To discuss your requirements, or to find out about further programmes and our bespoke training and consultancy services, please contact Eva Training & Consultancy on 01642 490 677 or go to www.eva-training.org.uk