

Eating Disorder Awareness Training

Training for all staff members within an educational setting



National Centre for Eating Disorders

Mind Your Health Ltd, in association with the National Centre for Eating Disorders (NCFED), are excited to provide a new programme of workshops to those in educational settings.

We will be providing a select number of workshops tackling the subject of eating disorders, but also around relationships with food, our body, size, shape and weight.

The provision of this training is catered to the target audiences be it staff, parents or children & young people.

Our internationally CPD-accredited training for the staff covers the following modules:

- What are eating disorders?
- Disordered eating
- Anorexia
- Bulimia
- Binge-eating
- Obesity awareness
- OSFED
- Body image
- Signs & symptoms
- Factors behind eating disorders
- The role of the therapist
- Prevention
- Intervention
- Postvention
- Safeguarding procedures
- Policy support



Course delivery

Organisations do not need to carry out the full CPD-accredited training but can choose a select range of modules which they feel are more relevant to their environment.

CPD-Accredited training

- ✓ 1-day (2 x 3 hours), in-person or,
- ✓ online delivery whole-staff



For further information or to book, please contact George Peterkin at:

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mind your health

Eating Disorder Awareness Training

Training for children and young people within an educational setting



National Centre for Eating Disorders

Mind Your Health Ltd, in association with the National Centre for Eating Disorders (NCFED), are excited to provide a new programme of workshops for children and young people.

The training has a rounded approach to the subject matter, with the focus being on what it means to have a healthy relationship with food, body, size and shape.

It will also be an environment where the instructors break down and challenge many of the myths there are around the subject matter.

Useful for PSHE curriculums

The CPD-Accredited course covers the modules below:

- What is an eating disorder?
- Eating disorder knowledge
- Nutrition
- What does it mean to be healthy?
- Myths around weight loss, gain and maintenance
- Body image
- Impact of social media & culture
- Early warning signs & symptoms
- How to seek help
- How to discuss our emotions
- Building resilience



Course delivery

This training has two options; CPD-Accredited or a bespoke programme. It is our recommendation that the CPD-Accredited training is attended by those aged 16 and above.

Our instructors for children and young people are DBS-checked, accredited therapeutic counsellors with a specialism in Eating Disorders.

Discussions can be had regarding several groups attending this training at the same time.

CPD-Accredited training

- ✓ 3 hours, in-person or,
- ✓ online delivery up to 25 people



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mind your health

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