

Eating Disorder Awareness Training

Training for all staff members within an educational setting and parents

Mind Your Health Ltd 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 and young people.

Our 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

We recommend that this course be taken from Year 8 upwards. The delivery is an informative workshop, that encourages the children and young people to be involved in the discussions and content throughout the course.

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

- ✓ 90 minutes to 2 hours
- ✓ In-person or online delivery
- ✓ Groups of 25 or open to discussion

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

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