

# Eating Disorder Awareness Training

Training for all staff members within an educational setting and parents

Mind Your Health has created a course made specifically for those working in educational settings, or indeed parents of children and young people within a school.

This 6-hour course tackles eating disorder awareness through the three pillars; prevention, intervention and postvention.

The provision of this training is catered to the target audience.

## 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 by any adult within an educational setting - regardless of their job role or position.

The delivery is an informative workshop, that encourages the delegates to be involved in the discussions and content throughout the course.

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

- ✓ 6 hours
- ✓ In-person or online delivery
- ✓ Whole-staff

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

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