

EATING DISORDERS - 1 DAY CARERS' WORKSHOP

Saturday 28th January 2012

Time: 9.30am - 4.30pm

Venue: The Fitzrovia Room, Park Crescent Conference Centre, International Students House,

229 Great Portland Street London, W1W 5PN

(Opp. Great Portland Street tube station and near Regents Park tube station)

Cost: £80.00 per person.

Earlybird bookings made before January 18th £60.00 per person

Overall aim

- **To assist Carers in their role of looking after someone with an Eating Disorder.**
- **To Build on Carers' communication skills & Understanding of Eating Disorders**
- **To increase Carers' confidence when managing specific areas of difficulty around the Eating Disorder**

The workshop will be interactive and based around Motivational Interviewing Principles. There will be the chance to practise communication skills and, as always, there will be an emphasis on the continuing theme of:

“Taking Care of Yourself”

PLEASE BRING YOUR OWN LUNCH. THERE IS A BISTRO ON SITE THAT SELLS FOOD AND DRINKS AND ALSO A BAR.

Veronica Kamerling

T: 01256 704117

M: 07733 260 475

E: veronica@talktalkbusiness.net

WORKSHOP PROGRAMME

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| 09.30-10.00 | Arrival |
| 10.00-10.05 | Welcome & Housekeeping |
| 10.05-10.15 | Introductions & Ground Rules |
| 10.15-11.45 | <ul style="list-style-type: none">➤ Listening and Feedback Exercise➤ Group Discussion: Identifying Ongoing Areas of Difficulty |
| 11.45-12.00 | Break |
| 12.00-13.00 | <ul style="list-style-type: none">➤ Veronica to tell “Her Story” and the Importance of Caring for Yourself |
| 13.00- 13.45 | Lunch |
| 13.45-15.15 | <ul style="list-style-type: none">➤ Game related to The Importance of Listening➤ Group Work: Working through Specific Areas of Conflict➤ Clinician’s Perspective on the Use of Food and Underlying Issues, plus “Interventions that help, interventions that hinder” |
| 15.15 -15.30 | Break |
| 15.30-16.30 | <ul style="list-style-type: none">➤ Question & Answer➤ Feedback➤ Close |