

A photograph of three people, two men and one woman, looking at a document together. The man on the left is wearing a blue polo shirt. The woman in the middle is wearing a dark red top. The man on the right is wearing a light blue button-down shirt. They are all looking down at a document that is partially visible at the bottom of the frame. The background is slightly blurred, showing what appears to be an indoor setting with a window.

Understanding Eating Disorders: Prevention, Detection and Support

Essential Training
for Professionals

Our course

The **Understanding Eating Disorders: Prevention, Detection and Support** one day course has been developed by **beat** for professionals who need to learn more about eating disorders – either to prevent them, or to support those affected by them.

This essential course has been successfully delivered to a variety of professionals, including those working in education, mental health, social care, counselling, fashion, health and fitness, and many more.

“The trainer made the subject come alive. The day was positively absorbing. It was lively, well presented and I felt I gained enormously from it. I also have a better understanding of the theory behind eating disorders and will use this knowledge in my clinical practice.”

Shira Herman,
Student Welfare Officer

A decorative pink line graphic consisting of several overlapping rounded rectangular shapes, starting from the bottom right of the quote box and extending downwards and to the left.

Course Content

The course content is adaptable, and can include the following components:

- The different types of eating disorder
- Signs, symptoms and diagnoses
- Causes, triggers and 'at risk' groups
- Treatment and recovery measures
- Sufferers and their 'carers' – parents, friends, teachers
- How you can offer support – and what isn't helpful
- The support that is available locally and nationally
- The law – child protection, confidentiality, the mental health act
- The impact of peer pressure and the media
- Building self esteem



It also features:

- User led workshops
- Question and answer sessions
- Opportunities to network

FAQs

Where can I attend the course?

The course can be delivered at a time and location suitable to you and your organisation, for up to 30 delegates.

Alternatively, individuals can attend the course at venues across the UK. For more information on upcoming training dates, visit www.b-eat.co.uk/training

beat training is delivered by our team of expert trainers, based across the UK.

How much does it cost?

To attend a training day as an individual, the cost is £150 per person. For a group booking of up to 30 delegates the price is £1500.

These prices include all handouts, reference materials and certificates of attendance. Individual bookings also receive lunch and refreshments.

Quotes can be negotiated for 30+ delegates, or for a series of bulk bookings.

Who are **beat**?

As the only UK-wide charity providing support for people affected by eating disorders, **beat**'s expertise has been formed by over 18 years of direct consultation and research from both user and professional perspectives.

Also available

beat offers a range of specialist training options to suit your needs:

Courses

Creating Expertise

A comprehensive three day training course for nursing staff who are new to eating disorder settings, or who wish to update their skill and knowledge base.

Educate Plus

Developed specifically for schools, this package contains sessions for students, staff and parents, ensuring a whole school approach to tackling eating disorders.

Publications

Beating Eating Disorders:

Training Sessions for Youth Workers

A manual containing five easy-to-follow sessions, including handouts and exercises for those working with young people.

Developed in consultation with youth workers from around the UK, the manual is available to buy from the **beat** online bookshop priced £12.99 incl P&P.

Visit ww.b-eat.co.uk/Shop, or call 0870 770 3256 to order your copy.

Contact us

To see how your team could benefit from **beat** training, call the training team on **01603 753304**, or email **training@b-eat.co.uk**.

More information is available at www.b-eat.co.uk/training

“Totally beneficial. I feel calm and ready to listen without my own fear and anxiety getting in the way.”

Erin O’Connor, fashion model and founder of Model Sanctuary

“GPs and consultants should do this course as mandatory training. One of the best training courses I have attended.”

Kieran Kennedy, Primary Care Mental Health Worker