



Working With Eating Disorders and Distressed Eating

With Bernie Wright (Accred)

Saturday 15th & Sunday 16th October

9.30AM - 5.30PM



Venue: Tonbridge Castle



External Attendees:	£295
TCC Trainees:	£147.50
TCC Counsellors (up to 250hrs):	£147.50
Friends of TCC:	£147.50
TCC Qualified & Senior Counsellors:	FREE



Overview

Eating disorders of all types are complex in themselves and perhaps are only uncovered once a patient has sought therapeutic support for other issues. This training is designed to give counsellors and health professionals a toolkit to help support those suffering and tailor approaches to their specific needs. The two-day sessions aim to give those looking to expand their professional knowledge of the complexities of eating disorders an understanding of how to identify disordered eating and support recovery. The importance of nutrition/nutritionist involvement in the process of recovery will be explored, with input from Lisa Smith, Nutritionist at Nutriology and Senior Lecturer at Brighton University.

What can you expect to learn?

- How to recognise an eating disorder and how they could potentially be co-morbid with other mental health issues that you meet in your day to day practice.
- The treatments available for anorexia nervosa, bulimia, binge eating and other less common eating disorders. Plus how they may be integrated in your practice in ways that are known to work.
- How these new skills are used to support recovery and add to your toolbox as a counsellor, coach or teacher.
- Gain a greater understanding of your own relationship with food.

About Bernie Wright



www.healingminds.co

Bernie first qualified as a counsellor in 2005 and in 2007, trained as a Master Practitioner in Eating Disorders and Distressed Eating at The National Centre for Eating Disorders (NCFED). Through her years of work with clients in private practice, Bernie noticed that they were experiencing a lack of understanding when it came to eating disorders from GPs, general counsellors and other relevant first points of contact. This led to the development of training courses in order to offer valuable insight and bridge the gap in knowledge. Currently, training workshops are Bernie's main professional focus, alongside supervising the work of practitioners seeking support in the field of eating disorders and obesity. She also offers breakthrough sessions for new clients and undertakes some short-term client work.

If you would like to book your place or would like some more information, please contact allya.khammari@thecounsellingcentre.org.uk