



National Centre for Eating Disorders

HELPING THE CARERS

With Dr Rosie Helyar & Deanne Jade

A one day workshop

Hammersmith, London. Date to be advised. Fee £110

A major dilemma for the carers of people with anorexia and bulimic disorders is the awful tension caused by the behaviour of their loved ones and the denial that there are any problems. Or, when a loved one admits to a problem they are often unwilling to accept professional help. Even when both carers and sufferers are ready to accept help, they experience a minefield of uncertainty about who to see and where to go.

Counselling Carers

NCFED receives many phone calls each week from parents, partners, siblings and relatives of eating disorder sufferers, at a loss, wanting help and advice for themselves and for their loved ones. Since involving families of eating disorder sufferers is accepted good practice, we offer this workshop to empower you to work effectively with this client group.

You will learn

- How to assess the optimum degree of involvement of a carer in outpatient treatment, taking into account factors such as stage of illness, risk factors, emotional and practical considerations.
- How to give practical advice that is most useful for the carer and their loved one.
- Communication skills specific to eating disorder dynamics in particular and to family relationships in general.
- How the carer may address the anorexic voice.
- How to address family emotional and psychological dynamics that maintain the eating disorder.
- How to address co-dependency in carers.
- How to help carers cope, short and long term, and support other members of the family.
- Management of splitting in the counsellor relationship.



Networking & Sharing

We will also provide a forum for delegates to exchange experiences and to stimulate positive thinking.

Dr Rosie Helyar

is an author, qualified counsellor and counselling tutor with a psychotherapy doctorate, specialising in disorders of eating and weight. Her approach is integrative and she has worked with the NCFED for 10 years.

BOOK NOW; TO RESERVE YOUR PLACE CALL 0845 838 2040 or register online at www.eating-disorders.org.uk (click training)

Title: Mr/Mrs/Miss/Ms/Dr _____ Other: _____

Forename: _____ Surname: _____

Address: _____

Postcode: _____

Telephone: _____ Mobile: _____

Email: _____

Fee: £110.00 Number of persons _____

PAYMENT METHOD

Cheque made payable to National Centre for Eating Disorders

Please take £ _____ from my Credit Card/Debit Card/Mastercard/Visa/Visa Delta

Card No

Security Code Expiry date / Valid from date / Issue No (Switch only)

Name of cardholder _____

Signature _____

Please invoice me (Companies only)

Name: _____

Address: _____

Postcode: _____

Please may we know how you first heard of us _____

Please return your completed form to: National Centre for Eating Disorders, 54 New Road, Esher, Surrey KT10 9NU

Data Protection: The National Centre for Eating Disorders will not give or sell your details to third parties. The data you have provided will be stored on file for NCFED use only.

BOOKING FORM