

Identifying and Understanding Eating Disorders

A full day creative and therapeutic workshop to explore the difference between an eating disorder and disordered eating.

- Structure of the Day
- Introductions and Expectations
- The Collage of Insight
Before a therapist can work with the issues of disordered eating, they must first explore their own relationship between their own body and food. The collage is a creative work for the participant's understanding/association of an eating disorder. This will lead to a group discussion about body awareness due to the pressures of social constructs. We ask how current demands of exaggerated importance to weight and shape may affect our body ego.
- Theory Input
Uncovering that an eating disorder is an addiction to defend and protect the ego by: Anaesthetizing, Omnipotence, Control
Identifying: Emotional, Behavioural and Physical characteristics of eating disorders. Clinical definitions and personal accounts from past sufferers
- What causes an Eating Disorder?
Small group work to explore the possible causes of eating disorders.
- How can I help?
- Publications and useful contacts
- Tree of Support
- S.M.A.R.T. Goals
- Group reflections