



TRAINING & WORKSHOPS

Training, Workshops & Education

We can provide training, courses and educational programmes to the public, professionals and other organisations. We can also offer training exclusively to your own organisation.

Our training and courses offer professional CPD and Certificates of Attendance are provided. Training and workshops have been specially developed by mental health professionals and researchers and are evidence-based as far as possible. We hold licenses for other courses and educational programmes (e.g. Living Life to the Full and SafeTalk).

Some of the training, courses and educational programmes we can offer include:

- Understanding Eating Disorders 1: Basics and Beyond
- Understanding Eating Disorders 2a: Working with Eating Disorders (Clinical Skills) (for therapists, mental health clinicians, counsellors etc.)
- Understanding Eating Disorders 2b: Helping People with Eating Disorders (Non-Clinical) (e.g. carers/supporters, teachers, support workers)
- Understanding Eating Disorders 3+ - Advanced
- Introduction to CBT
- What is Recovery? - Eating Disorders (2-3 hour workshop)
- Let's Bust Some Myths! Eating Disorders Myth-Busting Workshop (1-2 hours)
- Group Work and Facilitation Skills Training
- Listening and Counselling Skills (tbc)
- Psychoeducation Groups (various)
- Suicide Talk (license)
- Living Life to the Full (license)
- Managing Stress (tbc)
- Unstructured and/or semi-structured talks. panel discussions and open forums.



We're currently developing other training and workshops, so watch this space or join our Mailing List and receive notifications direct to your inbox!

We are open to suggestions, so if there is a workshop, course or some training you would like us to provide, please Contact us.