

Disordered Eating pathway - psychoeducation

Our disordered eating team offering includes a series of live online psychoeducation webinars, co-designed, co-produced and co-delivered by our Clinical Associates in Psychology and local experts by experience. Their insights have been invaluable, inspiring rich discussions and greater understanding of the needs and challenges of communities that we serve.

We currently have a total of four workshops, each focussing on a different topic and exploring the connection with disordered eating.

Thinking Styles

This workshop aims to help individuals recognise different thinking styles and to identify when they may have experienced them. We explore strategies for challenging particular patterns of negative thinking, for example the 'Notice, Explore, Replace' technique.

Emotional Regulation

This session aims to improve understanding of our emotions: why we experience them and how they can be triggered. We also aim to equip individuals with distress management skills such as 'Opposite Action'.

Identity

In this workshop we explore our understanding of identity, looking at how it is formed, learning ways to explore it and how it may interact with disordered eating.

Body Image in disordered eating:

The final session aims to help attendees understand what body image is and recognise how it is impacted by a range of different factors. We discuss how to build a more healing self-narrative and skills to manage difficult comments from others.

We are always looking to develop what we offer, in order to best suit individual's needs. We firmly believe that our work should be dynamic and ever changing, in fact we are planning to introduce dietetic psychoeducation sessions in the near future. So watch this space!

Anyone interested in joining this course of webinars, which are run on a regular basis, should contact their GP and ask to be referred to their local mental health team.

