

## **Title: Anorexia / Eating Disorders**

**Aims:** To learn about eating disorders, how they can affect sufferers, and how best to support sufferers

**Objectives:** Understand the signs and symptoms of eating disorders  
Develop effective verbal skills to appropriately respond to situations  
Examine the development of eating disorders  
Sharing good practice at work

### **Target Audience:**

This course will greatly benefit anyone who may have to deal with, or support sufferers from eating disorders. In addition it will develop participants awareness of mental health issues related to eating disorders.

### **Course content**

- Understanding eating disorders
- Signs and symptoms
- Types of eating disorders
- Assessment of eating disorders
- Treatments available
- Medication
- Legislation
- Case study 1
- Responding to blanket statements
- Case study 2
- Role of professionals
- Summary
- Evaluations and endings

### **Commentary**

This course is designed as an introduction to eating disorders, it covers the different types of eating disorders, and treatments available. It also utilizes case study's to enable participants to examine and discuss relevant issues.