

Understanding and Working with Eating Disorders

Facilitated by Alexia Harrison (MBACP - Accred)



Counsellor and Psychotherapist

An enlightening and reflective workshop designed to help practitioners, professionals and curious minds navigate the precarious world of eating disorders.

This one-day workshop is designed to offer you an overview of how to assess and treat the eating disorders that are most likely to present in client work. The day will focus primarily but not exclusively on eating disorders including anorexia, bulimia, compulsive eating, binge eating and body dysmorphism. It will explore some of the emotional and behavioural processes involved.

Through didactic teaching, vignettes, small group discussions and experiential work, you will learn:

- How to recognise with confidence when an eating disorder may be present, how to identify what this may be, and how to treat, manage, or to support a client and yourself in your practice.
- How our own relationship with food and body image may affect the therapeutic alliance with clients presenting with eating disorders.

This course is ideal for anyone who wishes to either add another skill to their clinical practice or for anyone who has an introductory interest in looking at their own or an other's relationship with food.

About Alexia:

Alexia has been in private practice and supported individuals and families alongside the NHS at the Yorkshire Centre for Eating Disorders for over 17 years. She is qualified to practice both online and in person and has worked as a media ambassador for Beat, the UK's largest national eating disorders charity. She practices from both Leeds and London. Alexia offers bespoke recovery packages, supervision, psycho-educational days, talks, trainings and workshops in the UK and worldwide.



Dates available:

Saturday, 18 November 2023

10am – 4pm.

York, YO1 9RL

Saturday 3rd February 2024

10am - 4pm

via Zoom

Saturday 6 April 2024

10am - 4pm

York, YO1 9RL

All courses are priced at £120

CPD certificates for 5 hours and an accompanying handbook will be supplied. Please note places are limited to allow for smaller, more focused sessions so please book early.

For further information and to book a place please email:
hello@alexiaharrison.co.uk | www.alexiaharrison.co.uk

