



Continuing Professional Development Workshop

About Network Counselling & Training Ltd

An organisational member of the British Association for Counselling and Psychotherapy (BACP), Network is a well-established Bristol-based charity offering **affordable counselling** to all alongside a person-centred integrative counselling training programme.

Network Training offers **two introductory courses** in listening skills/counselling, one of which can also be delivered to outside organisations in a flexible workshop format to meet their specific training needs.

Network also offers a one-year part-time **Certificate in Counselling Skills** and a two-year part-time **Diploma in Counselling**, both accredited by The National Counselling Society.

In addition, Network offers a full programme of **Continuing Professional Development** for counsellors and other professionals in the form of short courses and workshops on a range of specialist topics.

For further information about Network, please visit our website – www.network.org.uk

Understanding Eating Disorders

led by
Helena Wilkinson

Friday 2nd October 2015
9.30 am to 4.30 pm

Venue: Network Training
12 The Courtyard, Woodlands, Woodlands Lane
Almondsbury, Bristol BS32 4NQ

Registered charity no: 292801
Company limited by guarantee reg no: 01951370

Understanding Eating Disorders

Introduction

The workshop uses the iceberg theory - looking below the water's surface to the deeper issues of eating disorders (anorexia, bulimia, compulsive eating and related disorders). It also looks at eating disorders in the context of self-harm and helps those working with sufferers to enter the internal world of a person with an eating disorder. Helena uses personal and professional experiences of eating disorders to enable listeners to see beyond the symptoms and address complex behavioural patterns, entrenched mind-sets and loss of sense of identity and worth. It incorporates an integrative approach and draws on creative tools.

Helena will also speak about her own work with sufferers, spanning 25 years and incorporating animal and equine assisted therapy.

The facilitator



Helena Wilkinson is a writer and international speaker. She was the founder and director of the registered charity Kainos Trust for eating disorders. In 2004 the charity merged with Swansea City Mission based at Nicholaston House on the Gower Peninsula, where she now runs a variety of residential courses for eating disorder sufferers and life skills courses for those attached to the YMCA who have once been homeless.

She is currently developing equine assisted psychotherapy in conjunction with the work. Helena lectures internationally on eating disorders, self-harm, bullying and related subjects and is the author of 11 books.

Website www.helenawilkinson.co.uk

Refreshments

Tea, coffee and biscuits will be provided during the day. Please bring your own lunch.

Cost

The cost of this workshop is **£70 per person** - or **£40 per person** for students, volunteer counsellors and volunteer supervisors.

There is an 'early bird' **discount** of £5 off the above if the booking is received before **Friday 28th August 2015**.

Cancellation policy

Please note that we require a minimum of **seven days' notice of cancellation** before the day of the workshop, otherwise the full fee will be payable. No part of the fee can be refunded for non-attendance on the day.

IF YOU HAVE ANY ACCESS OR SPECIAL REQUIREMENTS, PLEASE ADVISE US IN GOOD TIME SO WE CAN TRY TO ACCOMMODATE YOUR NEEDS.

Please return your application form to:

The Training Coordinator (CPD15C)
Network Counselling & Training Ltd
12 The Courtyard, Woodlands, Woodlands Lane, Almondsbury
Bristol BS32 4NQ

or by email to:

sue.woodhead-marsh@network.org.uk

For further information:

telephone: 0117 950 7271