

# Understanding Eating Disorders

## Continuing Professional Development Workshop

Led by Helena Wilkinson

Friday 26th January 2018

9.30 am - 4.30 pm

### About Network Counselling and Training

An organisational member of the British Association for Counselling and Psychotherapy (BACP), Network has been established as a counselling and training agency for 30 years - 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 **Advanced Certificate in Counselling Skills**, accredited by the National Counselling Society (NCS), and a two-year part-time **Diploma in Counselling**, accredited by The British Association for Counselling and Psychotherapy (BACP).

In addition to the Certificate and Diploma level counselling training programme, Network Training also 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](http://www.network.org.uk)



**Network Training**  
Elm Park  
Filton  
South Gloucestershire  
BS34 7PS



# '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, trainer and international speaker. She is based at Nicholaston House, a Christian retreat and conference centre on the Gower Peninsula where she heads up residential courses for eating disorder sufferers and people who have been homeless and are now in YMCA's. Helena is also a qualified equine facilitated psychotherapy practitioner and incorporates EFP into her work.

She is the author of 11 books including 'Insight into Child & Adult Bullying', which grew out of her own experience of bullying in addition to counselling many people who have been bullied at different stages in their lives.

Website [www.helenawilkinson.co.uk](http://www.helenawilkinson.co.uk)

## Cost

The cost of this workshop is **£80 per person** - or **£50 per person** for students, volunteer counsellors and volunteer supervisors. "Early bird discount" of £10 for bookings made and paid for by Friday 15th December 2017.

## Venue

The workshop will take place at Network's new premises in Elm Park, Filton, South Gloucestershire.

## Refreshments

Tea, coffee and biscuits will be provided during the day. Please bring your own lunch. There are a number of convenience stores and food outlets in the neighbourhood.

## 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.

## Booking a place

Booking form either with this flyer, or downloadable from our web site [www.network.org.uk](http://www.network.org.uk) Payment by either cheque or BACS. Please return your completed form to:

*The Training Coordinator (CPD18A)*  
Network Counselling & Training Ltd,  
Trinity College, Bishops Close, Stoke Hill, Stoke Bishop, Bristol BS9 1JP  
(until 31st December 2017)

**OR**

Network Training, Elm Park, Filton, South Gloucestershire, BS34 7PS  
(1st January 2018 onwards)

**or by email to:**

[training@network.org.uk](mailto:training@network.org.uk)

**For further information:**

telephone: 0117 950 7271