

TALKING EATING DISORDERS (TEDs); FAMILY SUPPORT EDUCATIONAL PROGRAMME

- C**ARING FOR THE CARERS
- O**PPORTUNITY TO TALK AND BE SUPPORTED
- P**OSITIVELY FACING CHALLENGES
- E**NCOMPASSING AND ENCOURAGING ALL WHO ARE INVOLVED

Talking Eating Disorders (TEDs)

TEDs is a Community Interest Company whose vision is to raise awareness of eating disorders, and provide information and support to anyone whose lives have been affected by eating difficulties.

TEDs have been part of B-EAT's self help network since 2000. Eating disorders are a complex psychological condition with the highest suicide rate of any other mental health condition.

COPE Our Family Support Educational Programme

Over 1.6 million people in the UK that we know of suffer from an eating disorder. Many more go undiagnosed. Families and carers are often left to cope alone.

COPE is a Pro Recovery Programme that seeks to support those families who are struggling for ideas and strategies to enable them to support their loved one. It also attempts to transform the quality of life and improve the wellbeing of carers, and families and those affected by Eating Disorders.

These practical and informative sessions will be facilitated by Leigh Best, who is a qualified integrative counsellor, and a trained child and adolescent psychotherapist. Leigh is also a BEAT Empowering Families Coach and the mother of a child who recovered from an eating disorder.

Leigh was the runner up in the Social Impact Category at The Merseyside Woman of The Year 2012 for her work in the field of Eating Disorders, and has trained in the renowned Maudsley Method at Guys Hospital as part of a Carers project. Leigh will be assisted by an experienced co worker from TEDs during these sessions.

Programme Structure

There are few family based programmes for ED's available in the NW at present. It is believed approximately 36% of Carers suffer from mental health issues themselves caused by the strain of caring for a loved one with an ED.

Therefore In 2013 and 2014 TEDS propose to promote, launch, develop and deliver the **COPE Programme**, and facilitate **5 Training programmes**.

Each individual programme will include a total of:

Four Sessions run on a fortnightly basis:

Week 1

- **Eating Disorders and Empathy:** The Facts; Signs, Symptoms, and Consequences
- How to support your loved one and cope yourself using Empathy; strengthen family relationships using the basics of Counselling Skills

Week 2

- **Esteem;** Yours and theirs, Improve Self Care and psychological well being by using basic Cognitive Behavioural Therapy Techniques (CBT)

Week 3

- **Everyone's Involved:** What's out there and what works. Improve family interventions using Motivational Interviewing Skills (M.I.) and Mindfulness.

Week 4

- **Encourage and Enjoy Life;** Recovery and Goal Setting, Coping with Relapses, Living in the now and looking forward more positively. Action planning for the future.

• Each session will last 3 hours

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- **The entire programme will span over an 8 week period.** (This will mean working parents may find it easier to attend all sessions).

Numbers will be limited to 15 per programme to ensure full discussion and support for all attendees.

There will be a maximum of three family members on each programme.

More information about the programme start dates and registration will be made available in the very near future. Keep in touch with the latest TEDs news and updates via our website or contact

Group Facilitator, Leigh Best on the contact details below:

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