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## Summerhouse Services

'Supporting Brighter Futures'

### Practitioner Training One Day Workshop



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## 'Eating Difficulties, Children & Young People'

Tuesday 5th April Or Monday 9th May

10.00 - 3.30

Virtual Offer - £45.00 pp



While this workshop is usually delivered face to face, your virtual experience will achieve the same outcomes and will remain informative, interactive, engaging and enjoyable !

This holistic workshop offers the opportunity to gain empathy and insights into the spectrum of eating disordered behaviour, from a young person's perspective. 'Look beneath the surface' of this emotive issue and develop your awareness and acceptance and learn safe and effective ways with which you might support children and young people with these issues.

Explore 'messy' ways of supporting learning to help children and young people who may be experiencing eating difficulty. 'Hunting for monsters and gremlins', discovering the 'paradise chicken' and 'experiencing food holistically', are but a few of the activities that you will have the opportunity to participate in virtually, to gain insight into what helps and what hinders when supporting children and young people with eating difficulty.

**Note:** The content of this workshop may feel particularly challenging for some to access for personal reasons. Therefore, we make every effort to offer a sensitive, supportive, accepting and relaxed approach. It may be relevant for you to be aware that your facilitator for the day has had their own lived experience of a serious and entrenched eating disorder in their earlier life and is a highly experienced therapist in the field of eating disorders. If you have any concerns before the day, please do not hesitate to contact Penny for a chat.

This workshop has been designed in response to identified need from C&YP practitioners in schools and agencies and offers the opportunity to address areas that fall within the Healthy School, Safeguarding, SEND and Whole School Approaches among others.

#### Outcomes

- Discuss and explore what constitutes an eating disorder from a Humanistic perspective.
- Develop insights to establish the link between a child and young person's eating problem and their emotional, mental, spiritual and environmental world.
- Understand the relationship between eating difficulties and difficulty with learning and behaviour.
- Argue the risks of making assumptions regarding children, young people and eating behaviour.
- Discover the relationship between body image, nurture, eating behaviour and self esteem.
- Acquire creative and safe responding, support and learning strategies to help a child or young person with an eating problem.
- Understand how to help children and young people with eating problems build resilience and self esteem
- Employ safe and ethical guidelines for establishing levels of risk.
- Acquire relevant local and national signposting, support and further training service awareness.

## Some Feedback From Previous Workshops

*'I found this day so helpful. Thank you! Penny has a unique approach that really works & no powerpoint ! A great day !''*

*'As a parent of a child that has an eating disorder, I was worried about joining this workshop. Penny put me at ease straight away with her friendly and non-judgmental attitude and I found the day very informative. I feel much more confident as to how to help him now. Thank you '*

*'Excellent ! My insight into this subject has really increased and I now know how to help my young people''*

*'Great tutor, Inspiring, fun, enthusiastic and reassuring; kept me on task, thanks.'*

*'A very powerful and informative day. Thank You.'*

*'A brilliant day ! Very informative, professional and enjoyable ! I would definitely recommend Summerhouse Services '*

## Booking Details

### Cost - £45.00 per person

For bookings or enquiries please contact Penny on any of the details below. You can also follow this link to the online booking form <https://summer-house.org/workshop-booking-form> . Invoices for the balance can be sent to you, or please make cheques payable to '**Summerhouse Services**'

This workshop uses the Zoom video conferencing platform for delivery. If you require any support installing Zoom or accessing the meeting, please contact me prior to the date for free support in this. Your booking confirmation will contain the invitation link to join the workshop.

Upon booking, please supply an address to which a small resource pack can be sent prior to the date to enhance your training experience. All handouts will be sent to you electronically after delivery as some of the activities are based on quizzes and guessing games. We therefore do not want to give the answers away to you beforehand ! We hope you find the day informative and enjoyable and welcome all constructive feedback.

NOTE: If you would like this workshop delivered to groups at your school or agency, the cost per group is :-

**In Person** - £850.00 for a cohort of up to 16 within the 'PL' postcode.. A small uplift of £25.00 will be added for venues outside of this catchment to support fuel and time costs.

**Virtual** - £420.00 for a group of up to 10.

## Contact Details

(Please note this is not the venue address)

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