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Summerhouse Services

'Supporting Brighter Futures'

Practitioner Training One Day Workshop



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'Eating Difficulties, Children & Young People'



Thursday 22nd September

10.00 - 3.30

Virtual Offer - £60.00 pp

Your virtual experience will achieve the same outcomes as our face to face offer 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 'inner paradise chicken', 'experiencing food holistically' and body neutral approaches, 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 eating difficulties from a Humanistic and holistic 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 and in doing so, gain awareness of the rise in eating difficulties within young males e.g. 'Bio-Hacking.'
- Explore the benefits of generic, 'non-pathologizing' approaches to facilitate the recovery process.
- Discover the relationship between body image, nurture, eating behaviour and self esteem.
- Acquire creative, safe, student-centred and 'orbital' responding, support and learning strategies to help a child or young person with an eating problem and to promote autonomy, choice, personal power and self governance.
- Understand how to help children and young people with eating problems build resilience and self esteem and explore the benefits of 'body neutrality' approaches.
- 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 !'

'Thank you so much for today; it has been a real game changer for me and the approach is so achievable ! On a personal level it has also made me realise I have difficulty with my own relationship with food and that it is nothing to be ashamed of. Thanks again :)'

'Excellent ! My insight into this subject has really increased and I now know how to engage and help my young people' safely and in a way that they feel helps them .'

'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 - £60.00 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.

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.

Contact Details

(Please note this is not the venue address)

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