

Eating Issues: the fundamentals

This 1 hour online Zoom training (50 minute presentation + 10 minutes for questions) provides an introduction to understanding eating issues. The content is based on the latest research as well as clinical experience. It is suitable for those new to the subject as well as those wishing to update or refresh their knowledge.

Key learning points include:

- ✓ The main types of issues presented by clients
- ✓ Myths and facts about eating issues
- ✓ Your client's inner experience: emotional, cognitive, physiological
- ✓ Key messages for your client
- ✓ What you need to know if your client has an eating disorder

Cost: \$30. Dates: 24/05/21; 31/05/21; 29/06/21. For more information, future dates or to register, see www.freedomwithfood.co.nz or contact lena@freedomwithfood.co.nz

Eating Disorders and Other Eating Issues: an introduction

This half-day in-person training provides an introduction to understanding and responding to eating disorders and other eating issues. The information is based on the latest research as well as clinical experience, and some experiential exercises are included. Recent prior experience with a range of eating issues, or attendance at the online training 'Eating Issues: The Fundamentals' is a pre-requisite.

Key learning points include:

- ✓ Knowing the main types of eating issues and eating disorders
- ✓ Understanding causes: the role of genes and the environment
- ✓ Assessing for risk and readiness to change
- ✓ Developing a working alliance with your client
- ✓ Working with your client: first steps
- ✓ Multidisciplinary work and referring to other services
- ✓ ANZAED eating disorder treatment principles & clinical practice standards

Dates: Christchurch 07/08/21; Wellington 23/10/21; Hamilton 06/11/21.

Cost: \$150, or \$120 if registered 4 weeks in advance. For more information or to register, contact Lena through www.freedomwithfood.co.nz

For 10 years, Lena Cromartie (PG Dip Counselling, Dip Life Coaching, Dip Practitioner Skills for Eating Disorders) ran a busy private practice dedicated to clients with eating issues. She is a full member of NZAC, an accredited registered member of BACP (British Association for Counselling and Psychotherapy), and the author of *Bingeing, Dieting and You: 30 things every woman needs to know*.

