Training for Professionals

A Brief Introduction to Understanding Eating Disorders

About SYEDA

SYEDA is an independent charity, established in 1996 by a group of families who were affected by eating disorders. We support a wide range of people from many different backgrounds with a range of different eating disorders and help anybody who feels that their relationship with food or body image dominates their lives, and we help the people who care about them. Men, women, girls, boys, young and old, all access our services. You don’t have to look a particular way to get support from SYEDA.

We provide one to one therapeutic and practical support for people experiencing eating disorders and for families and friends. We also facilitate support groups, offer a befriending service and we deliver education and training sessions in schools, colleges, to professionals and the wider community.

Training Content

The training will include the following topics: what are eating disorders (Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and OSFED), address misconceptions, causes and triggers, sign and symptoms, advice on how to support an individual, assisting recovery and referral pathways.

The training is interactive with opportunities for group work and a Q&A.

Please note, we also design bespoke training session to meet the needs of the professionals. For example training for sexual health nurses will include more medical content.

Learning Objectives

1. Improved knowledge of eating disorders.
2. Increased confidence to talk about eating disorders and related issues.
3. Introduce you to practical tips to implement into your own practice.
4. Awareness of and knowledge on how to refer to local support services.
5. Improved confidence to support an individual in recovery.

Visit www.syeda.org.uk
Call 0114 272 8822
Who is the training appropriate for?

The Introduction to Understanding Eating Disorders Training is appropriate for any health, social, education professionals. The training will be of benefit to anyone working front line with young people, for example GPs, school nurses, social workers or pastoral leads and many more.

Course Length

Half day: 3.5 hours

- Please note that bespoke training courses may differ in length.

Delegate Comments

“The training included lots of very useful information and opportunities for asking questions. I feel more able to spot the signs of eating disorders and help members of my team if they encounter a situation they need help with - I can now pass on knowledge when required. The workshop was well planned and delivered.”

Head of Advice Centre

“Very clear and concise information about each of the main eating disorders. Questions were well answered which enabled all to understand the key issues with plenty of open discussion. One of our students disclosed that she is suffering from an ED and this is now being dealt with. I would love to work with SYEDA again in the future.”

PSHE Lead.

Further Information

Training delivered in Sheffield, Barnsley, Rotherham, Doncaster and North Lincolnshire. If you would like to discuss training options with SYEDA, please contact Anna Tummon (Education and Training Manager) on 0114 2728822 or annat@syeda.org.uk