

This workshop is one in a series on mental wellbeing and spirituality organised by Wholeminds. Wholeminds is a new Hope's Place initiative, that aims to equip churches to engage in the area of mental health. If you would like more information on our work, please email kate@wholeminds.org.uk

This event is supported by:

wholeminds
spiritual mental health



Cotham Parish Church, Bristol
Saturday 17th October 2009

- 0930 – Registration
- 0945 – An Overview of Eating Disorders
- 1045 – The Mind Under Attack: The Spirituality of Eating Disorders
- 1145 – Coffee
- 1200 – A Counsellor's Perspective
- 1300 – Lunch (BYO)
- 1345 – Eating Disorders and Men
- 1445 – The Family and Eating Disorders
- 1530 – End

For more information, email
kate@wholeminds.org.uk, ring 0117 9686303 or
visit www.wholeminds.org.uk

Hope's Place is a registered charity no.1105139; Anorexia
Bulimia Care is a registered charity no. 1114246

Working With Eating Disorders

A training day for GPs, counsellors, and those involved in pastoral care.



For sufferers of eating disorders, the GP or a counsellor is often the first source of help. Yet a study published by B-EAT in February 2009, *Choice or Chance*, states that only 15% of sufferers felt their GP understood eating disorders and knew how to help. This is concerning, given that statistics suggest 1 in 100 women has a clinically diagnosed eating disorder and over half have a 'serious issue with food' that wouldn't be clinically diagnosed but causes them significant trouble. Anorexia is also the mental illness with the highest morbidity rate.

This training day offers the opportunity to explore some of the less-discussed questions associated with eating disorders, such as how they relate to spirituality and the impact they have on men. Through a variety of lecture-style and discussion-based seminars, participants will be encouraged to reflect on how good practice in responding to eating disorders can be developed. We will also consider how partnerships between carers, service providers and churches can offer a better, more comprehensive care strategy and discuss how to recognise the limitations of each of these roles and when further help needs to be sought.

Speakers

Julie Laycock is a trained counsellor with extensive experience of counselling for eating disorders. She works as the sufferer coordinator at Anorexia Bulimia Care.

Jane Smith is the director of Anorexia Bulimia Care, the only national Christian charity concerned with Eating Disorders.

Caroline Virgo is the director of Hope's Place, a Bristol-based charity that works to bring emotional healing and wholeness to women and young people. She has been a carer for several years and has a great interest in both social justice and promoting high quality pastoral care within churches.

Booking Form

(for Saturday 17th October 2009)

Name _____

Address _____

Phone No _____

E-mail _____

Church _____

(where applicable)

Role in Church _____

Please return this form along with payment of £25 to:

**Mental Health Conference,
Hope's Place,
21 Stoke Hill, Stoke Bishop,
Bristol, BS9 1JN**

Cheques payable to Hope's Place. Some concessionary places are available: please ask. Thank you.