



Understanding Eating Disorders and Related Self-Harm: Professional Training For Schools

The Need:

Young people, 14 - 25 are most at risk of developing eating disorders. Girls in the 15 - 19 age group constitute approximately 40% of all identified cases. 25% of those diagnosed at school age are boys.

Relevant For:

Senior Management, Faculty Staff, Pastoral and PSHE, Medical Staff, Teaching Assistants, Learning Support and Boarding House Staff.

“I worry that if I do or say the wrong thing, it might make the situation worse for the student. I would like to know how to respond and how to support them.”

Delivering professional training on eating disorders and related self-harm in your school, equipping you with the tools to best support your pupils.

“ABC’s training to our group of pastoral staff and school nurses clearly drew on a considerable depth of knowledge, experience and wisdom. The training provided detailed, practical advice in an engaging and interactive style.”

Key Learning Outcomes:

- Techniques for initial conversations
- Promoting a ‘talking school’ and reducing stigma
- Strategies for building emotional resilience
- Medical safeguarding information based on ABC’s course for the Royal College of General Practitioners (RCGP)
- Introduction to the national Mental Health First Aid course from Mental Health First Aid England (MHFA)

Fees:

Full day (8:30am - 3:30pm) **£795** **Half day** (9am - 1pm) **£495**

Flexible time slots for training are available. Please give at least 4 weeks notice when booking training dates. We cannot offer refunds for cancellations made less than 48 hours prior to the event.

These fees include literature and resources and are for a maximum of 30 staff members. Numbers over 30 will incur an additional fee of £35 per person. We do not charge VAT.

Travel expenses are charged in addition at 45p per mile.

Fees for individual delegates to our seminars are charged at £159 per person.

How to Book:

Please complete the following form and return via email to training@anorexiabulimiare.org.uk or post to **ABC, Saville Court, 10-11 Saville Place, Clifton, Bristol, BS8 4EJ**. On receipt of this form, a member of the training team will contact you to discuss your requirements and arrange payment.

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Number of delegates* Date required

* Numbers over 30 will incur an additional fee of £35 per person.

Special requirements

Your name

Your professional role

Name of school/college

School/College address line 1

School/College address line 2

City County

Postcode Telephone

Email

ABC runs a number of training seminars throughout the year in addition to providing in-house courses. To keep up-to-date with details of our latest training activity, please tick here:

We value your support and promise to respect your privacy. The data we gather and hold is managed in accordance with the Data Protection Act (1998). We will not disclose, or share personal information supplied by you. By giving your details you are agreeing for us to contact you about our work and other fundraising activities. If you are not happy for us to do so please tick this box: