

Workshop Series for Carers of Individuals with an Eating Disorder

Basten and Associates, Clinical Psychologists is offering a series of six workshops for carers of older adolescents and adults with an eating disorder. If you are caring for a child, relative or partner with an eating disorder who is 18 years or older, this programme is designed to help you support their recovery through understanding and skills. It is *not* designed for parents of younger adolescents or those engaged in Maudsley Family Therapy. Participants should be able to attend all six weeks, as the program is designed to run as one whole series.

The aim is to help you feel more confident in your approach to support the person affected by the ED. The learning occurs with guidance from an Eating Disorders Health Professional as well as the shared wisdom from the group of other parents and partners.

- ❖ Thursday, 27th July 2017: *Understanding eating disorders*
- ❖ Thursday, 3rd Aug 2017: *What kind of carer are you?*
- ❖ Thursday, 10th Aug 2017: *How do people change?*
- ❖ Thursday, 17th Aug 2017: *Communication skills to support recovery*
- ❖ Thursday, 24th Aug 2017: *More communication skills*
- ❖ Thursday, 31st Aug 2017: *Summary and future problem solving*

Time: Workshops will run from 6.00pm – 8.00pm, starting 27/7/2017.

Where: Suite 301, Specialist Medical Centre, 151 Hawkesbury Rd, Westmead. Parking is available via Ashley Lane.

Cost: \$240 – covers the whole series of six sessions and includes written materials; if both parents of the one person come, there is no fee for the second person.

To register or enquire, email cindy@bastenpsychology.com.au or call 9891 1766.

We look forward to working with you in supporting your relative or friend with their recovery.