



# SYEDA

SOUTH YORKSHIRE EATING DISORDERS ASSOCIATION

## TRAINING OFFER AVAILABLE COURSES



*"Good presentation and knowledge. Your friendly and positive team makes approaching you for advice something I would do."*

Training attendee

*"This was an extremely informative session, it cleared up some myths in my own mind and clarified an easy way to respond to a person who has an eating disorder. Thank you."*

Training attendee

ALL COURSES ARE FUNDED IN ROTHERHAM AND SHEFFIELD  
FOR PROFESSIONALS WORKING WITH ADULTS

# TRAINING FOR PROFESSIONALS

## UNDERSTANDING EATING DISORDERS

LENGTH: 2.5 HOURS

**1.25 million people in the UK are estimated to have an eating disorder. At SYEDA, we believe it's crucial for healthcare professionals to have a good understanding of eating disorders, as well as the support available.**

### LEARNING OBJECTIVES:

- To have an improved knowledge of eating disorders.
- To understand the triggers and contributing factors for eating disorders.
- To be able to spot the signs and symptoms of an eating disorder.
- To be confident in talking about eating disorders and related issues.
- To learn practical tips for supporting people with eating disorders.
- To understand how to refer to local support services.

## SELF-GUIDED E-LEARNING

LENGTH: APPROX 2.5 HOURS

**This provides professionals with unlimited access to resources created by SYEDA, aiming to improve knowledge and confidence around eating disorders.**

This package is intended for professionals who are unable to attend our 'Understanding Eating Disorders' course. Where possible, we would advise attending the course, as this provides more comprehensive learning and a space to ask questions.

## UNDERSTANDING BODY IMAGE

LENGTH: 1.5 HOURS

**35% of adults reported feeling anxious or depressed because of their body image, and 71% of teenagers are self-conscious about their appearance. Body dissatisfaction is the best-known contributor to the development of eating disorders.**

This session gives professionals an understanding of body image, and how to support those struggling with it.

### LEARNING OBJECTIVES:

- To understand what body image is, and what is meant by positive and negative body image.
- To understand the factors that contribute towards negative body image.
- To be able to identify those who are struggling with their body image.
- To learn how to support those who are struggling with their body image.

## EATING DISORDERS AND NEURODIVERGENCE

LENGTH: 1.5 HOURS

**Neurodivergent individuals are more likely to face difficulties with food and eating. Autism is linked with restricting and/or avoiding food, as seen in anorexia and ARFID (Avoidant Restrictive Food Intake Disorder). ADHD is often connected with bingeing and purging.**

This session helps professionals to understand the connection between neurodivergence and eating disorder behaviours.

### LEARNING OBJECTIVES:

- To understand what is meant by neurodivergence.
- To understand which eating disorders are prevalent among this population.
- To understand how neurodivergence and eating disorder behaviours can be interlinked.
- To learn how neurodivergent individuals with suspected eating disorders can be supported.

## DELIVERY METHODS

*Our training is typically delivered virtually via Zoom, however we can look at delivering training in person if required.*

 *Email us for training bookings & enquiries: [education@syeda.org.uk](mailto:education@syeda.org.uk)*

 *Visit our website to find out more about SYEDA: [www.syeda.org.uk](http://www.syeda.org.uk)*