



Eating Disorders Support + Skill Building Group for Family & Friends

**Are you the parent / partner / family member / friend of someone with an eating disorder?
Are you concerned but aren't sure what to do or what to say?**

The CCI Eating Disorders Programme will be holding a **2-part session for loved ones who are supporting a person with an eating disorder.**

Next session: date to be scheduled.

The event is *free* - but you will need to register in advance to ensure you get a place. Please see below for registration details. Please *do NOT attend* without registering prior.

The sessions are based on the book *Skills-based learning for caring for a loved one with an eating disorder - the New Maudsley Method* by Janet Treasure, Grainne Smith & Anna Crane (2007).

The first session will include:

- an introduction to eating disorders
- the effect of starvation on the brain
- the impact of eating disorders
- what loved ones can do to help
- resources
(local treatment options; internet; books)

The second session will include:

- why loved ones should be involved
- reducing stress of loved ones
- styles of communication
- principles of good communication
- modelling good communication
- problem solving

To register your interest for this group, please:

**Go to our website and complete our “Online Registration Form” at
<https://www.cci.health.wa.gov.au/Treatment/Eating-Disorders-Program>**

Here you will be asked to register:

- Names of all attendees
- Contact phone number + email address for all attendees
- The attendee's relationship to the individual with an eating disorder
- The age of the individual with an eating disorder + their diagnosis (if known)
- The treatment (if any) that your loved one with an eating disorder is currently receiving

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- Psychological therapy
- Research • Training • Resources

The sessions are held at CCI: 223 James Street
Northbridge, from 4:30pm-7pm.

There is street parking and nearby car parks – please bring sufficient change.

<https://www.cci.health.wa.gov.au/>

