

Journey to the Self

Certificate in Understanding Eating Disorders: Beyond the Label

Saturday 7th November 2020 10:00 - 5:00 pm 7 hours CPD

Seeking greater clarity to benefit your clients struggling with disordered eating? We invite you to join our workshop in understanding eating disorders. You will receive an overview of the topic that will enable you to engage in effective relationships as you gain awareness from both a personal and practical perspective.

Learning Objectives

- Definitions of Disordered Eating and Labelled Disorders
- Physiology, blood sugar levels, impact of stress, links with hormones
- Consequences of Defective Chemistry on Emotions and Behaviour
- Body Image
- Overview of Assessment and Therapeutic Interventions
- Beyond the Label Reflection

Suitable for

Counsellors, psychotherapists, counselling psychologists and trainees.

Facilitated by

Amanda Perl

Registered MBACP (Accred), MBPsS
Adv. Dip. Integrative Counselling
BSc & Msc Psychology

<https://amandaperltherapy.com>

Ian Rattray

Registered MBACP (Accred)
Dip. Integrative Counselling, Cert. Supervision
BA, MSc

<https://ianrattraytherapy.com>

Location and Cost

Venue: Anglia Ruskin University, Bishop Hall Lane, Chelmsford CM1 1SQ

Cost: £95.

10% **discount** if booked and paid for before 31 July 2020.

Early application advised as places **are limited** and offered on suitability and availability.

Bookings and enquiries

info@journeytotheself.co.uk or online at www.journeytotheself.co.uk/book-workshop

ian@ianrattray.com +44 (0) 7973 427488

amanda@amandaperltherapy.com +44 (0) 7976 545775