

# Eating Disorders

## AIMS

To provide effective care for people living with an Eating Disorder

## DURATION

Half Day Course (3 hours)

## LEARNING OUTCOMES

By the end of this course you will:

- Know what an Eating Disorder is
- Know the names and characteristics of different Eating Disorders
- Understand the effects of Eating Disorders
- Know some treatments for common Eating Disorders
- Be aware of ways someone can help themselves with their Eating Disorder

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## LESSONS AND TOPICS

### What is an Eating Disorder?

- What is an Eating Disorder?
- Facts and Statistics
- Types of Eating Disorder

### Anorexia

- Anorexia Nervosa
- Symptoms of Anorexia Nervosa
- Treating Anorexia Nervosa

### Bulimia

- Bulimia Nervosa
- Symptoms of Bulimia Nervosa
- Treating Bulimia Nervosa

### Binge Eating

- Binge Eating Disorder
- Symptoms of Binge Eating Disorder
- Treating Binge Eating Disorder

### Other Eating Disorders

- Other Specified Feeding and Eating Disorder
- Orthorexia Nervosa
- Emotional Overeating
- Pica
- Rumination Disorder (Chew and Spit)
- Avoidant / Restrictive Eating Disorder
- Selective Eating Disorder

### Recovery and Support

- Medical Therapy
- Recovery
- Talking to People They Trust
- Peer Support
- Managing Relapses
- Dealing with Other People's Comments
- Coping with Putting on Weight
- Changing Unhealthy Routines
- Difficult Times of Year
- Staying Safe Online