



# SYEDA

SOUTH YORKSHIRE EATING DISORDERS ASSOCIATION

## TRAINING & EDUCATION AVAILABLE COURSES



ALL COURSES ARE FULLY FUNDED FOR YOUNG PEOPLE'S SERVICES AND SCHOOLS ACROSS BARNSELY, DONCASTER, ROTHERHAM AND SHEFFIELD

# TRAINING FOR PROFESSIONALS

OUR TRAINING SESSIONS ARE AIMED AT PROFESSIONALS WORKING WITH YOUNG PEOPLE

## UNDERSTANDING EATING DISORDERS

LENGTH: 2.5 HOURS

**55% more children and young people are starting treatment for an eating disorder than ever before. At SYEDA, we believe everyone working with this age group should 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

**71% of teenagers are self-conscious about their appearance, and unfortunately 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 young people who are struggling with their body image.
- To learn how to support young people who are struggling with their body image.

## EATING DISORDERS AND NEURODIVERSITY

LENGTH: 1.5 HOURS

**Neurodivergent children 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 neurodiversity and eating disorder behaviours.

### LEARNING OBJECTIVES:

- To understand what is meant by neurodiversity.
- To understand which eating disorders are prevalent among this population.
- To understand how neurodiversity and eating disorder behaviours can be interlinked.
- To learn how neurodiverse young people 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.*

## BESPOKE LEARNING

*This training applies to healthcare staff and education staff – we tailor the content to suit each team's learning needs.*

# EDUCATION IN SCHOOLS & COMMUNITY SETTINGS

OUR EDUCATION PROGRAMME IS AIMED AT SECONDARY SCHOOL AND COLLEGE AGED YOUNG PEOPLE

## BODY IMAGE GROUP

LENGTH:  
6 WEEKLY 1 HOUR SESSIONS  
GROUP SIZE: 4 – 8

Research shows that more than a third of teenagers have restricted their diet due to worrying about their body image. This highlights the detrimental impact of body image concerns, and the need for early intervention.

This group intervention targets young people with body image difficulties. It is not suitable for those presenting with eating disorder behaviours.

Through psychoeducational content and interactive activities, the group educates teenagers on why they feel the way they do, and how they can improve their body image. The group setting enables shared learning and helps participants to realise they're not alone in this struggle.

## 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 understand how to improve our body image through understanding body functionality, exploring self-compassion, and other coping mechanisms.

## STAND-ALONE SESSIONS

LENGTH: 1 HOUR  
GROUP SIZE: 10 – 30

BODY  
IMAGE

SOCIAL  
MEDIA &  
BODY  
IMAGE

SELF  
ESTEEM &  
BODY  
IMAGE

FOOD &  
MOOD

EXERCISE  
FOR  
WELLBEING



## BESPOKE LEARNING

*If your organisation has a particular training or education need, please contact us as we can look at providing a bespoke session.*

*"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

*"The group made me feel better and more understanding about my body."*

Pupil who participated in the body image group

*"I loved the group - it was very reassuring to know that other people feel the same way as I do about their body image."*

Pupil who participated in the body image group



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

SYEDA also provide a range of talking therapies and support groups for people experiencing eating disorders. Visit our website to find out more.

 [www.syeda.org.uk](http://www.syeda.org.uk)

 South Yorkshire Eating Disorders Association - SYEDA

 @syeda2628



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