



**SUMMERHOUSE**  
'Supporting Brighter Futures'

**Practitioner Training One Day Workshop**  
**Saltash Venue**

Holistic . Informative . Insightful . Helpful . Empathic . Bright . Supportive . Professional . Safe . Practical . Real

**'Eating Difficulties, Children & Young People '**

**Wednesday 10th May**  
**10.00 - 3.00**

**£63.00 per person**

**Hot Lunch Provided !**

**Venue - Pilgrim Pitch & Pavillion, Saltmill Lane, Saltash, Cornwall ,PL12 6LG**

Back after many requests, this revised and updated workshop offers the opportunity to gain empathic insights into the spectrum of eating disordered behaviour, from a young person's perspective and 'look beneath the surface' of this emotive issue. Develop your awareness and acceptance and learn safe and effective ways with which you might support children and young people with these issues. Explore 'messy' ways of supporting learning, to help children and young people who may be experiencing eating difficulty. Hunting for monsters and gremlins, discovering the elusive 'paradise chicken' and 'passing the pizza' towards better self image, are but a few of the activities that you will have the opportunity to participate in, to gain insight into what helps and what hinders when supporting children and young people with eating difficulty.

Note: This workshop may feel particularly challenging for some to access, due to the nature of its content. When delivering the day, I am aware of and sensitive to this and make every effort to offer a supportive, accepting and relaxed approach. If you have any queries or concerns that you would like to discuss beforehand, please do not hesitate to contact me.

**Outcomes**

- Discuss and explore what constitutes an eating Disorder from a humanistic Perspective.
- Develop insights to establish the link between a child or young person's eating problem and their emotional, mental and environmental world.
- Understand the relationship between eating difficulties and difficulty with learning and behaviour.
- Argue the risks of making assumptions regarding children, young people and eating behaviour.
- Discover the relationship between body image, nurture, eating behaviour and self esteem.
- Acquire responding and support techniques, to help a child or young person with an eating problem.
- Gain creative learning strategies to help children and young people with eating difficulties.
- Understand how to help children or young people with eating difficulties build self esteem.
- Employ safe and ethical guidelines for establishing levels of risk.
- Acquire relevant local & national signposting and support service awareness.



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**Some Feedback From Previous Workshops....**

*'Fantastic ! Highly professional and very enjoyable; thank you !.'*

*'Really interactive, friendly and inclusive; it has really developed my insight and understanding of the issue.'*

*'I loved the friendly, chilled but professional approach.'*

*'As a parent, I find this very hard to talk about. Thank you for making it easy, informative and enjoyable.'*

*'It has helped me feel more confident in supporting others; great lunch !'*

*'Great tutor, Inspiring, fun, enthusiastic and reassuring; kept me on task, thanks.'*

*'As a newcomer to this subject, it has been invaluable in helping me develop my understanding. Thank You.'*

*'Surprisingly enjoyable and very informative, Definitely recommend. A+++!!'*

More feedback together with evaluation responses can be viewed at [www.summer-house.biz](http://www.summer-house.biz)

**Booking Details**

**COST - £63.00 Per person, per workshop, unless otherwise stated. (Lunch & refreshments provided)**

**Venue - Pilgrim Pitch & Pavillion, Saltmill Lane, Saltash, Cornwall ,PL12 6LG**  
(There is free parking outside and access for those with mobility needs.)

For bookings or enquiries, please contact me on any of the details below . You can also follow this link to the online booking form <http://www.summer-house.biz/WORKSHOP-BOOKING-FORM.html>

Invoices for the balance can be sent to you, or please make cheques payable to '**Summerhouse**'.  
**(Please note that payments are not refundable, or transferable to other workshops. Thank you) N.B.** If you would like these workshops delivered to groups at your school or agency, the cost per group per workshop is £775.00 for a group of up to 16.

**Contact Details**

(Please note this is not the venue address)

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