

Understanding Eating Disorders



Eating disorders (ED's) are serious life-threatening conditions. This course will concentrate on the three major EDs: Anorexia Nervosa (AN), Bulimia Nervosa (BN) and Binge Eating Disorder (BED). Early diagnosis is important to successful outcomes. This is not easy as people with AN do not often see themselves as having a problem and those with BN are frequently too embarrassed to seek help. The course will look at the signs and symptoms of each condition and how to engage people into healthier eating. The course will also explore triggers which can

worsen the conditions and treatments that help towards recovery. The course is presented in easily accessible terminology and is suitable for both trained and untrained staff.

By attending this course you will be able to:

- Describe the common types of eating disorders (ED)
- Separate the facts from the myths of the causes of ED
- Understand the physical effects of ED
- List the common disorders that can co-exist with ED
- Discuss the recommended treatments for ED
- Explain the therapeutic care for a person with ED
- Understand the processes for successful change