



# London Training Offers

Supporting a loved one with an eating  
disorder

# Developing Dolphins and Raising Resilience

Developing Dolphins and Raising Resilience are online training courses for anyone caring in a personal capacity for someone with anorexia, bulimia or binge eating disorder. They are based on Janet Treasure's Skills based caring for a loved one with an eating disorder.

Learning online via Zoom over five evening or morning sessions, carers will:

- find out more about eating disorders
- gain an understanding of the driving forces behind them
- understand how best to support their loved one's and their own wellbeing

Both are delivered by clinicians who work directly with people with eating disorders.

# Developing Dolphins

## **Carers should finish Developing Dolphins with:**

- An increased understanding of eating disorders and the psychology behind them.
- Strategies for encouraging recovery, including motivational interviewing, collaborative goal setting, and more.
- Understanding of how your own behaviour could maintain the eating disorder, and how to avoid this.
- Tips for taking care of your own wellbeing while your loved one is recovering.

# Raising Resilience

## What does Raising Resilience Cover

- Motivational techniques to help with recovery.
- Setting boundaries.
- Supporting your loved one during mealtimes and handling mealtime stress.
- The cycle of change and how to support your loved one at each stage of their recovery.

We follow up with an additional workshop that will give you a chance to meet again with your group, discuss any progress and give you chance to ask any questions you might have.

# Solace

Solace is a free video-based support group hosted weekly over Zoom.

It's for anyone supporting somebody with an eating disorder and gives you the opportunity to share their feelings and get support from others in a similar situation.

Solace runs over an 8-week period and during this time the Solace facilitator will offer guidance and support whilst working through different ideas and discussion points.

Topics will be focused on the themes of self-care, feelings, and boundaries.

Carers will get the chance to raise any questions you have and, where possible, to speak with a Beat Ambassador, a person who has recovered from an eating disorder themselves.

# How does Solace impact Carers?

82%  
increase in  
carers  
confidence

58%  
increase in  
carers  
knowledge

100% of  
carers would  
recommend

# The 12 days of Solace

The 12 Days of Solace run between the 19<sup>th</sup> December – 2<sup>nd</sup> January.

These sessions were put together to make sure that during the Christmas period, carers can still receive peer support and guidance from our Beat facilitators.

Each session is titled with a topic which will be discussed in the group. The sessions are titled and Christmas themed so carers can pick which sessions you would like to attend.

Meeting over zoom Carers will receive peer support from other carers and expert advice from one of our Beat clinicians on how to handle the pressures around the holidays.

# Coping with Celebrations: Christmas

## Workshop Outline

- Blended learning from POD - Complete online course.
- 2.5 hour workshop
- Reflection exercise from completing the online module.
- Recap of key themes from the module - setting boundaries, managing stress, handling the family.
- Ambassador session with both lived experience and carer sessions.



# Peer-support and Online Development (POD)

**POD** is Beat's carer platform designed to provide people supporting someone with an eating disorder with a space to learn, share experiences and find support.

- **Who can use POD?**

POD is designed for people who are supporting someone else with an eating disorder (a loved one or someone you care for).

- **What will I find on POD?**

POD is home to a range of learning opportunities that will equip you to support your loved one, including eLearning, forums and workshops.

- **Is POD free to use?**

Yes. POD is completely free to use and you can use the platform for as long as you need it.



# Nexus

## What is Nexus?

- ❖ Nexus is a free advice and support coaching service for carers supporting their loved one with an eating disorder.
- ❖ It is a telephone service for carers, partners, parents, and siblings to talk through the struggles they face while supporting their loved one, as well as an opportunity to talk through some practical tips and techniques to aid recovery.
- ❖ Consists of 12 calls taking place over 12-15 weeks.
- ❖ The programme works closely with the book Skills-Based Caring for a Loved One with an Eating Disorder by Janet Treasure.

# Nexus

## Session guide summary example for the for 12 weeks

### Beginnings

- ❖ Initial Session (1)
- ❖ ED voice (2)
- ❖ Animal Analogies (2 weeks) (3,4)
- ❖ Cycle of Change (5)

### Middles

- ❖ Accommodating and Enabling Behaviours (2 weeks) (6,7)
- ❖ OARS (2 weeks) (8,9)
- ❖ Reassurance Trap/Readiness Ruler (10)

### Endings

- ❖ Boundaries (11)
- ❖ Last session (12)

# Skills to Promote Recovery in the Person with the Eating Disorder

Self-care strategies

Recognition of high expressed emotion and ways to reduce this

Stages of change and transitions

Motivational Interviewing skills

Awareness of accommodating and enabling behaviours by carers

Collaborative goal-setting

# Nexus

## Referral Criteria:

- ❖ Loved one must be aged over 13 years
- ❖ Does not need a formal diagnosis
- ❖ Commitment to weekly phone call
- ❖ Only 1 carer per programme; however parents can join the programme separately

# Nexus

## Referral Exclusion Criteria:

- ❖ Carer or loved one with intent or plans to end their life or in crisis
- ❖ Diagnosis of ARFID
- ❖ Carer unable to commit to a weekly phone call session

# Feedback from carers:

Not only were we able to access expert advice but we were enabled to put it into practice-care strategies

Extraordinary quality of listening and of suggesting solutions and providing support

The personalised weekly support was invaluable in helping us to begin to help our daughter.

I can't thank my Nexus counsellor enough as she has been a lifeline for me through my journey supporting my daughter

Exceptional, informative, supported and understood beyond my expectations.

understood the challenges we are facing and also how important little milestones were.