

# BUILDING HOPE: SKILLS BASED LEARNING

## ARE YOU SUPPORTING A PERSON WITH AN EATING DISORDER



### CARLTON WORKSHOP EATING DISORDERS VICTORIA and DEAKIN UNIVERSITY offer you *HOPE!*

The **BUILDING HOPE WORKSHOP** comprises 6 x 2hr sessions over 6 weeks for *Partners, Family Members, Friends and Parents* of a person with an eating disorder to learn new skills.

This workshop builds empathy, promotes understanding, shows you how to use reflective listening skills, recognises that consistent, compassionate and calm communication assists your loved one with recovery and a collaborative problem solving approach enhances the idea that change is possible.

To enhance your learning in the workshop **\*\*we strongly recommend** you read *"Skills Based Learning for Caring for a Loved One with an Eating Disorder"* by Prof Janet Treasure et al. The workshop is based on Professor Treasure's research on the motivational style of treatment of people with an eating disorder.

**Where:** Drummond Street Relationship Centre, 195 Drummond St, Carlton (map to be provided)

**When:** Every Wednesday commencing 21/4/10 continuing 28 April, 5, 12, 19 & 26 May

**Time:** registration at 5.45pm for a **prompt** start at 6pm till 8pm

**Cost:** \$93.50 per person or \$137.50 (inc GST) per couple for the 6 week program, handouts and free EDV membership for 1 year. *The Commonwealth Respite Centre in your region may be able to assist with the registration fee. Phone 1800 052 222 to talk with the Mental Health Carer Support Worker in your region*

**\*\* "Skills Based Learning for Caring for a Loved One with an Eating Disorder" may be purchased from Eating Disorders Victoria for \$37.80 plus \$9.90 postage/handling**

**Presenters:** Naomi Crafti, Eating Disorders Victoria Education Officer

**Number of participants:** 16 max (so book early)

**\* Please note:** *Registration for individual workshops is not possible due to content flow.*

**Return Registration Form by Friday 19<sup>th</sup> May 2010 to:**

EDFV 1513 High St, Glen Iris Vic 3146 OR Fax to: 9885 1153.

Credit card payments accepted (Visa and Mastercard)

For more information please call Eating Disorders Victoria on 9885 6563  
or email [edfv@eatingdisorders.org.au](mailto:edfv@eatingdisorders.org.au)

