

# BUILDING HOPE: SKILLS BASED LEARNING

## ARE YOU SUPPORTING A PERSON WITH AN EATING DISORDER



### ALBURY WODONGA 2010 WORKSHOP EATING DISORDERS VICTORIA and DEAKIN UNIVERSITY offer you *HOPE!*

The **BUILDING HOPE WORKSHOP** comprises 3 x 4hr sessions over 3 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:** Lecture Room, Clinical School, 559 East Street Albury adjacent to Albury Base Hospital. (map will be provided on registration)

**When:** Commencing Saturday 6 February 2010 continuing 13/02/10 and 20/02/10

**Time:** registration at 11.45am for a **prompt** start at 12 noon til 4pm

**Cost:** \$93.50 per person or \$137.50 (inc GST) per couple for the 3 week program includes: handouts and free EDV membership for 1 year

**Presenters:** Helen Franks, Family Support Officer, Eating Disorders Victoria and Cate Clarke, Mental Health Nurse Counsellor

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

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

*"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*

**Return Registration Form by Friday 29<sup>th</sup> January 2010 to:**

EDV 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)

# BUILDING HOPE:

## SKILLS BASED WORKSHOP FOR CARERS OF A PERSON WITH AN EATING DISORDER

**Workshop: 6/2/2010 to 20/2/2010**  
**Albury Wodonga Registration Form**

Upon payment this form serves as a **tax invoice**.  
ABN 24 010 832 192 .  
All information provided is for the sole use of EDV for records only.

Given Name (1):.....Surname: .....

Given Name (2):.....Surname: .....

Address: .....Post Code: .....

Phone: (H) ..... (W) .....(Mobile) .....

Email: .....

### **DONATION (help us to help others in your situation)**

I would also like to make a tax deductible donation to EDV \$.....

*The Eating Disorders Foundation of Victoria is a registered charity (DGR 900224708). All donations of \$2 or over are tax deductible.*

### **WORKSHOP REGISTRATION FEE (please select) (all prices are inclusive of GST)**

- Individual \$93.50
- Couple \$137.50
- "Skills Based Learning for Caring for a Loved One with an Eating Disorder" \$37.80
- Plus Postage & Handling for book \$9.90 Total \$ .....

### **PAYMENT METHOD (please select)**

My cheque/money order payable to EDV is enclosed OR  please charge my credit card:

Visa  Mastercard

Card No: \_ Expiry date ...../.....

Cardholder's Name (caps) .....

Cardholder's signature: ..... Amount \$ .....

**All registrations to be received by 29<sup>th</sup> January 2010**