

BUILDING HOPE: SKILLS BASED LEARNING

ARE YOU SUPPORTING A PERSON WITH AN EATING DISORDER



WARRNAMBOOL 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: Thyme Cottage, 5 Banyan Street, Warrnambool (*map will be provided*)

When: Commencing Saturday 6 March 2010 continuing 13/3/10 and 20/3/10

Time: registration at 1.45pm for a **prompt** start at 2pm – each week concluding at 6pm

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

Presenter: Helen Franks, Family Support Office at Eating Disorders Victoria

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 19th February 2010 to:

EDFV 1513 High St, Glen Iris Vic 3146 OR Fax to: 03 9885 1153.

Credit card payments accepted (Visa and Mastercard)

For more information please call Eating Disorders Victoria on 03 9885 6563
or email edfv@eatingdisorders.org.au

BUILDING HOPE:

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

Workshop: 6/3/2010, 13/3/2010 & 20/3/2010
Warrnambool 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 \$2 and over are tax deductible.

WORKSHOP REGISTRATION FEE (please select)

- Individual \$93.50 (inc GST)
- Couple \$137.50 (inc GST)
- "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 19th February 2010