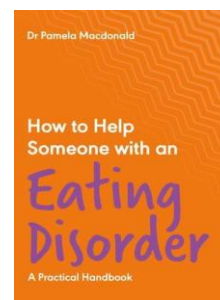
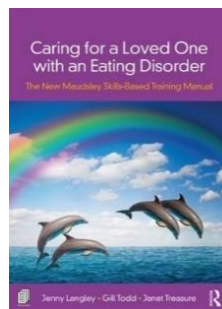
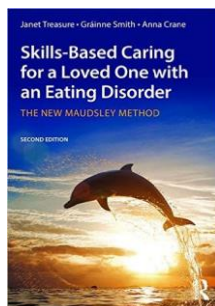




The New Maudsley Approach Skills Workshops for anyone Caring for a Loved One with an Eating Disorder



What is the New Maudsley Approach?

The New Maudsley Approach is evidence-based. It aims to lower anxiety and distress in family members.

It gives carers communication tools, skills and techniques that help them engage their loved one to improve their self-esteem and develop the resilience to embark on change.

It is designed to equip carers with a skillset aimed at helping them deal with their stressful caring role. It focuses on communication, individual thinking styles, and behaviour that may be accommodating or enabling the eating disorder illness. Carers, people with eating disorders and clinicians have been involved in all stages of its design and delivery.

“The workshops provide outstanding support for carers. I feel much better equipped to play a constructive role in my son’s recovery.”

Caring for a loved one with an eating disorder can be exhausting, distressing and disorientating. Many carers feel they are drowning, they have tried everything and don’t know where to turn next. Well put on your oxygen mask and immerse yourself in these workshops based on the New Maudsley approach which has helped so many families to navigate their way through a seemingly impossible task.

These workshops are full of practical tips, real life scenarios and case studies and are designed to help carers develop self-reflective skills in order to role model confidence, compassion and courage and learn how to experiment with changing their own behaviour so they can be more helpful to their loved one.

These skills workshops offer professional techniques for becoming a 'Change Coach' for your loved one, including:

- Dealing with challenging behaviour
- Specialised communication skills
- Avoiding traps that may maintain the disorder
- Supporting recovery

Dates for the next two series of on-line five x two hour workshops are:

13th March 19:00-21:00

Workshop one: Introductions, Psychoeducation and Empathy

14th March 19:00-21:00

Workshop two: Cycle of Change and Motivational Language

20th March 19:00-21:00

Workshop Three – Reflecting on Caring Responses. What to Try When Things Feel Stuck

21st March 19:00-21:00

Workshop Four – Coaching Your Loved One to Make Their Own Changes

18th April 19:00-21:00

Workshop Five – Review and Reflect on skills learned in workshops 1-4

21st March 10am-12pm

Workshop one: Introductions, Psychoeducation and Empathy

25th March 10am – 12pm

Workshop two: Cycle of Change and Motivational Language

25th March 1.30pm to 3.30pm

Workshop Three – Reflecting on Caring Responses. What to Try When Things Feel Stuck

26th March 10am – 12pm

Workshop Four – Coaching Your Loved One to Make Their Own Changes

22nd April 10am -12 pm

Workshop Five – Review and Reflect on skills learned in workshops 1-4

Places are limited and will be allocated on a first-come first-serve basis. Ideally you will attend all five sessions. I do need anyone interested in these workshops to complete a registration form to secure a place. Please email michellewestnm@gmail.com to request a form. These two courses are offered free by the Charlie Waller Trust, although donations are very gratefully received – the link is [CWT donations](#)