

# **Eating Disorders**

Specialist, Specialist Children

## Who is this course aimed at?

For those caring for people living with eating disorders

## **Course Aims**

To provide information and guidance regarding eating disorders, healthy eating, diet and nutrition

## **Learning Outcomes**

- Know what an Eating Disorder is
- Know the names and characteristics of Eating Disorders
- Understand the effects of Eating Disorders
- Know some treatments for common Eating Disorders
- Be aware of ways someone can help themselves with their Eating Disorder

### Course available as

### **Face to Face**

Course Length: 3 Hours

## **Contact Us**

For more information, or to book any of our courses, please contact us on 01706 375578