

# 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