



CPPD (UK) Ltd
Counselling School
Training Courses

Working with Eating Disorders

This weekend workshop will offer an understanding of Eating Disorders, how to recognise when an eating disorder may be present and how to work with this. In addition, we will explore how our own relationship with food and body image may affect our work with clients presenting with eating disorders.

The weekend will focus on all areas of eating disorders including compulsive and binge eating. It will explore the cognitive, emotional and behavioural processes involved.

The training will also consider how family, cultures and social values combine in the development and maintenance of the disorders. Through didactic teaching, vignettes, role-plays and experiential work, the workshop will offer appropriate therapeutic responses for clinical practice.

Tutor: Elizabeth Evangelista

Elizabeth Evangelista is a qualified Humanistic Integrative Counsellor who specialises in Eating Disorders and Addictions. She works for an addictions Counselling service where she works as a group and a one-to-one counsellor.

She also maintains a private practice and is a named Counsellor for the Eating Disorders Association.

For more information, course dates and prices please contact us:

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