

Beyond the Symptoms



Training to enable clinicians to respond appropriately to patients with eating disorders

Tailored education package for various groups of health and medical professionals ensuring they understand the importance and prevalence of eating disorders, how to spot and respond to the early warning signs, signpost to ED services, and overcome service user resistance.

Who is it for?

Any clinician who is not specialising in eating disorder treatment but who may encounter patients with a suspected eating disorder, including staff working in A&E, primary care, weight management services, dental surgeries and more.

Intended outcome

Clinicians are able to spot the signs and symptoms of eating disorders, make earlier referrals and provide appropriate support.

Duration and intensity

A Zoom-based course delivered over two half-day sessions followed by access to a regular online peer support community of practice.

Details

Beyond the Symptoms is a course tailored for various groups of health and medical professionals, tailored to the needs of their clinical roles. Participants will be taught about the significance and prevalence of eating disorders, how to spot and respond to the early warning signs, signpost to ED services, and overcome service user resistance.

The course is delivered by an experienced eating disorder clinician supported by a Beat Lived Experience Ambassador. Participants receive lifetime* access to a online peer support 'community of practice' facilitated by one of Beat's expert clinicians. This will take place via Zoom at the same time every week, allowing clinicians to share experiences and seek additional support as they encounter a specific case.

* The community of practice is available to all clinicians who have attended any Beat course. It will be run for as long as participants continue to use it.

"I found the training to be invaluable and it will help me in my work on a young person's psychiatric intensive care unit."

"I am a GP and have a daughter with an eating disorder. It was very reassuring to hear about services available for both her and family. I gained more insight into the thought process of an anorexia sufferer from the testimonial of the Ambassador."

More information

For more information about this service or a partnership with Beat, please contact the team, via PublicSectorCommissioning@beateatingdisorders.org.uk.

This is one of a series of services which Beat provides in support of NHS eating disorder services. A full list is available at www.beateatingdisorders.org.uk/commission-us.

Other services for people with eating disorders:

- 1-1 and group-based support for people waiting for or unable to access treatment
- 1-1 / group-based support and training for family members and others caring for a loved one with an eating disorder
- Binge Eating Disorder guided self-help: NICE-recommended treatment for BED
- CPD to enable clinicians and professionals working in education to spot and act upon the early signs of an eating disorder
- Beat's helpline can make referrals with or on behalf of people seeking an assessment for a likely eating disorder (we will provide this service free of charge for any willing NHS partner).

Beat and NHS working in partnership

Beat works with NHS partners to help people get into treatment faster and to achieve a quick and sustainable recovery. Our belief is that we can provide non-clinical support quickly, effectively and cheaply, leaving NHS clinicians more time to do the clinical work that they have been trained for.

We can provide some of our services to NHS partners free of charge. For other services we have to pass on our costs to you, but we never take a profit from our work with NHS partners.

We provide services in the following areas:

- Direct support to people with an eating disorder
- Training and support for family members and others caring for a loved one with an eating disorder
- Support and training for clinicians
- Strategic support to health care providers

All our services are developed in consultation with NHS and academic partners, and co-produced with our beneficiaries with guidance from our multidisciplinary Clinical Advisory Group of senior clinicians:

Abigail Cardwell (Lead Occupational Therapist, South West London and St George's Mental Health Trust)

Dr Erica Cini (Consultant Psychiatrist, East London Foundation Trust)

Sam Clark-Stone (Lead Clinician and Registered Mental Health Nurse, 2gether Trust)

Dr Fiona Duffy (Consultant Clinical Psychologist and Clinical Lead, NHS Lothian)

Sarah Fuller (Specialist Eating Disorder Dietitian, East London NHS Foundation Trust)

Jess Griffiths (Eating Disorders Practitioner and Clinical Lead, Beat)

Dr Menna Jones (Consultant Clinical Psychologist and Clinical Lead, Cardiff and Vale NHS Trust)

Dr Rhys Jones (Consultant Psychiatrist, Leeds and York Partnership)

Dr Dasha Nicholls (Consultant Child and Adolescent Psychiatrist and Clinical Lead, Central and North West London NHS Trust and East London NHS Trust)

Becca Randell (Kent, Surrey and Sussex Implementation Lead, Children's Mental Health - KSS Academic Health Science Network)

Dr Paul Robinson (Consultant Psychiatrist; Principal Teaching Fellow, University College London)

Professor Janet Treasure (Consultant Psychiatrist, South London and Maudsley Trust)

All services are delivered either by experienced eating disorder clinicians or by specially trained helpline advisors under the supervision of a clinician. Where suitable, they are co-delivered by Beat lived experience trainers and volunteers.