

Raising Resilience

Workshops tackling common challenges carers face when supporting a loved one.

A series of five weekly live workshops delivered over Zoom by experienced eating disorder clinicians and lived experience tutors. The workshops focus on developing and practising the skills needed to help and support someone with an eating disorder.

Who is it for?

Parents, partners, siblings, and other carers of a loved one of any age who has had an eating disorder for no more than five years.

Intended outcome

Carers have additional skills and increased confidence in supporting their loved one in challenging times and in looking after their own emotional needs.

Duration and intensity

One two-and-a-half-hour workshop weekly, for five weeks.

Details

Each weekly workshop addresses a different topic, including:

- Empowering carers with motivational techniques
- Handling mealtime stress
- Setting boundaries
- Supporting each stage of recovery
- Coping with celebrations such as Christmas and other difficult times

Participants receive an information pack, including Professor Janet Treasure's book *Skills-based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method*.

Participants on similar courses said:

'I CANNOT believe such helpful, professional advice is free. Why didn't I get in touch with Beat sooner?'

'Great course to both improve the understanding of eating disorders, and to provide the tools and techniques to care for our daughter effectively. Also helpful to learn from others' experience.'

Raising Resilience is designed as a follow-up programme for people who have attended the 'Developing Dolphins' workshops, but will still be useful for carers who have not received any previous training.

More information

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

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

Other services for carers of people with eating disorders:

- Nexus carer support: weekly coaching calls from a trained Beat Programme Officer.
- Solace: weekly video peer support groups facilitated by a clinician and a Lived Experience volunteer.
- Developing Dolphins: focused training over Zoom to help people understand and support a loved one towards recovery.

Beat and the public sector working in partnership

Beat works with public sector partners across the United Kingdom to support people and their loved ones in their recovery journeys. We can provide non-clinical support quickly, effectively, and as early as possible, to complement the work of health professionals.

We can provide some of our services 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 public sector 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

We develop all our services in consultation with clinical and academic partners. We co-produce our services with our beneficiaries, with guidance from our multidisciplinary Clinical Advisory Group of senior clinicians, who provide guidance across all our areas of work.

Our services are delivered by trained Beat personnel – both staff and volunteers. These include experienced eating disorder clinicians, trained Beat staff and volunteers with ongoing access to supervision by an experienced clinician.