



Supporting an adult in their eating disorder recovery

Information and skills
workshops for family and/or
supporters



What are the aims of the programme?

Supporting an adult in their eating disorder recovery: Information and skills workshops aims to support family members and/or supporters of a person with an eating disorder through education and skills development.

Specifically, this programme aims to:

- Enhance knowledge, understanding and empathy in relation to eating disorders
- Explore the concept of behaviour change
- Assist with the development of useful communication skills
- Improve coping strategies for family/supporters with the view of reducing burnout and stress.

What does this programme involve?

- The programme will involve attending an online group workshop once per week, for four successive weeks.
- Each group workshop will commence at 2.30pm and finish at 4.30pm.
- Each group workshop will be facilitated by two members of the Eating Disorder Team.
- Two family members and/or supporter(s) per service user can attend.
- There will be a maximum of 16 participants in each cycle of the programme.



For service users

Please discuss a programme referral with your treating multidisciplinary team if you feel your family or supporters would benefit from the *Supporting an adult in their eating disorder recovery: Information and skills workshops*.

For families of service users

Please discuss programme referral with your loved one and their treating multidisciplinary team if you feel you would benefit from the *Supporting an adult in their eating disorder recovery: Information and skills workshops*.

Contacts

For general information about the programme and advice on a referral pathway, please contact:

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