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This day was really informative as an overview for eating disorders, especially the importance of early intervention.

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Eating disorders are complex mental illnesses, and anyone of any age, gender, ethnicity or background can develop one. Recognising the illness early saves lives. If you can spot an eating disorder and refer a patient into treatment as quickly as possible, they have a better chance of making a full recovery. With Beyond the Symptoms training from Beat, every healthcare professional can learn how to provide the best care to a patient with an eating disorder.

Book now!

Get in touch to find out more about Beyond the Symptoms, a training course for healthcare professionals developed by Beat, the UK's eating disorder charity, and give patients with eating disorders the support they need. Contact our team at training@beateatingdisorders.org.uk, or call 01925 912804 to book training for your workplace.

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Wonderful trainer, skills and knowledge. Engaging delivery style. Great training, thank you.

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Beyond the Symptoms

Skills-based training on eating disorders for healthcare professionals from Beat, the UK's eating disorder charity

Why understand eating disorders?

Eating disorders have serious potential side effects with widespread physical and psychological impacts – the digestive, cardiovascular, respiratory, endocrine and musculoskeletal systems can all suffer damage as the result of an eating disorder. It's not uncommon for someone to present to another area of the healthcare system before they seek help for, or perhaps even realise they have, an eating disorder.

It's crucial that healthcare professionals are able to recognise when the underlying cause of a problem is an eating disorder, and understand how to effectively and sensitively support their patient into treatment.

How Beat can help

Beat is the UK's eating disorder charity. We provide support to anyone affected by an eating disorder – not just those who are unwell but the people caring for them too, including healthcare professionals involved in their treatment.

We know that the longer someone's illness is left to develop the more ingrained it becomes, and the more difficult to treat. People with eating disorders can present to all areas of the healthcare system, offering lots of opportunities to refer them to treatment early if professionals know what they're looking for. Our online training, run by experienced eating disorder clinicians, helps people to spot the warning signs and help the person into treatment as quickly as possible.

Absolutely brilliant, informative, well presented. Thank you! One of the best study days I've been on.

What we'll cover

Over the session we'll look at:

- Common challenges experienced by primary care staff identifying and treating people with eating disorders.
- Three major eating disorders: spotting the early warning signs, risk management and screening tools.
- The importance of early intervention.
- How to approach and have that difficult conversation.
- Why someone may resist treatment.
- Signposting: Beat and local services.

Fantastic training. Very interesting and informative.

All really valuable and appreciate a course that is available that distinguishes the differences between eating disorders and highlights the risks of these conditions.

What a fantastic training session – learnt so much today and look forward to underpinning the session into my practice.

Beyond the Symptoms runs over either one day-long or two half-day online sessions, depending on your organisation's preference. This CPD-accredited interactive training allows you to practice key skills for supporting patients with eating disorders under the guidance of clinicians who are experienced in the field, and gives you plenty of opportunity to reflect on your own work. Wherever possible, you'll also have the opportunity to speak to and ask questions of a Beat Ambassador, an expert on eating disorders by lived experience.

You'll come away from the training with a better understanding of and confidence to support patients with eating disorders, as well as an action plan to apply to your work.

Who's it for?

Beyond the Symptoms is ideal for anyone working in primary healthcare. Someone suffering from an eating disorder may have their first contact with any number of primary healthcare professionals, including:

- GPs
- Paediatricians
- Practice nurses
- School nurses
- Emergency staff
- Dentists
- Dieticians
- Orthopaedic surgeons
- Midwives
- Obstetricians and gynaecologists
- Cardiologists
- Dermatologists

You don't need to have prior knowledge of eating disorders for you or your patients to benefit from the training.