# DEVELOPING DOLPHINS 2

**Supporting someone with an eating disorder? Gain the skills you need with Developing Dolphins 2**

Beat
Eating disorders

# WE'RE BEAT, THE UK'S EATING DISORDER CHARITY.

When someone has an eating disorder, the **impact goes beyond just that person**. But that person can get better, especially when they – and the people around them – have the right tools.

That's why we've developed services for carers: **to help those who help.** Our programmes are free, confidential, and remote, so you can fit them around your needs.

## ABOUT YOU

**Are you supporting someone with an eating disorder? It can be hard to know what to do and say.** You might be looking for somewhere you can gain new skills – somewhere you can learn from experts. If your loved one is aged 10 or above, is displaying signs of a possible eating disorder or has had a diagnosis of Anorexia, Bulimia, or Binge Eating Disorder for less than five years then **Developing Dolphins 2** may be for you.

## ABOUT DEVELOPING DOLPHINS 2

**Developing Dolphins 2** is a free online workshop for anyone supporting a loved one with an eating disorder. Over the course of 8 weeks, you will find out more about eating disorders and gain practical skills to support your loved one towards recovery. With this workshop, you'll have:

- An increased understanding of eating disorders and the psychology behind them
- Strategies for encouraging recovery, including motivational interviewing and collaborative goal setting
- Tips for taking care of your own wellbeing while your loved one is recovering
- As part of the workshop, you will receive exclusive access to a digital workbook and a copy of Janet Treasure's book, *Skills-based Learning for Caring for a Loved One with an Eating Disorder*

### SO, WHAT DO WE NEED FROM YOU?

It is important that you can attend each weekly two-and-a-half-hour session for a total of 8 weeks. Sessions are usually held on a weekday evening between 6:45 and 9:15pm.

SCAN ME FOR MORE INFO

## WHAT NEXT?

Head to **helpfinder.beateatingdisorders.org.uk** or scan the QR code to refer yourself to **Developing Dolphins 2**. Once you've done that, we'll be in touch.

**England:**
0808 801 0677
help@beateatingdisorders.org.uk

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0808 801 0434
NIhelp@beateatingdisorders.org.uk

**Scotland:**
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