

The Stranger that Called



EARLY INTERVENTION
FOR EATING DISORDERS

AUTUMN TERM 2023

School edition

EARLY
INTERVENTION
EATING
DISORDER
PARENT/STAFF
SEMINAR

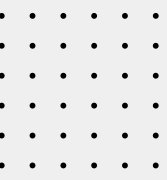

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INTRODUCTION TO SEMINAR 01

- **Introductions to who I am and what we offer at Muscle Mind Wellness**
 - **Discussion about what we are discussing today and a back story to why we push for early intervention**
 - **What support is given and what is "The Stranger That Called workshop"**
 - **Open discussion if anyone has concerns about what we will be discussing today**
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DIFFERENT TYPES OF DISORDED EATING

02

- **Open discussion about what types of eating disorders are out there**
- **Discuss about what their child/student may be experiencing difficulty with and what eating disorder they believe they have**
- **Slide show and discussion on Anorexia Nervosa, the signs, health risks and what this eating disorders taboos are perceived as**
- **Slide show and discussion on Bulimia Nervosa, the signs, health risks and what this eating disorders taboos are perceived as**
- **Slide show and dicussion on Binge eating disorder, the signs, health risks and what this eating disorders taboos are perceived as**
- **Slide show and discussion on ARFID (avoidance restrictive food intake disorder) the signs, health risks and what this eating disorders taboos are percieved as**
- **Open discussion about any questions are concerns they have what we spoke about?**

EARLY SIGNS OF EATING DISORDERS

03

- **Discuss as a group what they believe early signs of an eating disorder are**
- **Discuss hormone changes, can exercise be classed as a early sign**
- **Discussion on when to intervene and speak to your child/student**
- **Discuss what to do if you do spot the early warning signs of an eating disorder**
- **Talk about as a group what could be possible triggers to cause someone to have an eating disorder**
- **Discussion on bullying, social media and peer/social pressures and different religions**
- **Slide show on physical and mental early warning signs for each eating disorder we discussed in the last section**

OBSESSIVE EXERCISE OR HEALTHY EXERCISE 04

- **Discuss what is a healthy amount of exercise**
- **Discuss what is obsessive exercise looks like**
- **Discuss sports people and their eating disorders**
- **Discuss how you can help your child/student help manage and reconnect with exercise in a healthy manner**
- **Discuss hormone imbalances side effects to eating disorders and difficulties if exercise becomes an addiction**
- **Talk about and watch a slide show on how does exercise help with our mental health**
- **Discuss how to approach the difficult discussion on if a child needs to stop sport due to their eating disorder**
- **Slideshow on how coaches and P.E staff can help a child/student reconnect a healthy relationship with their team/individual sport**

How you can support **05** someone with an eating disorder?

- **Discuss different techniques you can use for people with eating disorders**
- **Slide show on when to step in if you think someone is suffering with an eating disorder**
- **Discuss different approaches and techniques to support students/child around meal times and peer support groups**
- **When to know to seek further help for your child/student who has an eating disorder**
- **Slide show on how to support a child/student whilst at school and at home**
- **Discuss options to set up support groups within the school and regular meetings with parents/staff so child is supported in both the school and home environment**

CONTACT INFORMATION



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