



Developing Dolphins

Caring for someone with anorexia or bulimia?

**Developing Dolphins gives you
the skills you need.**

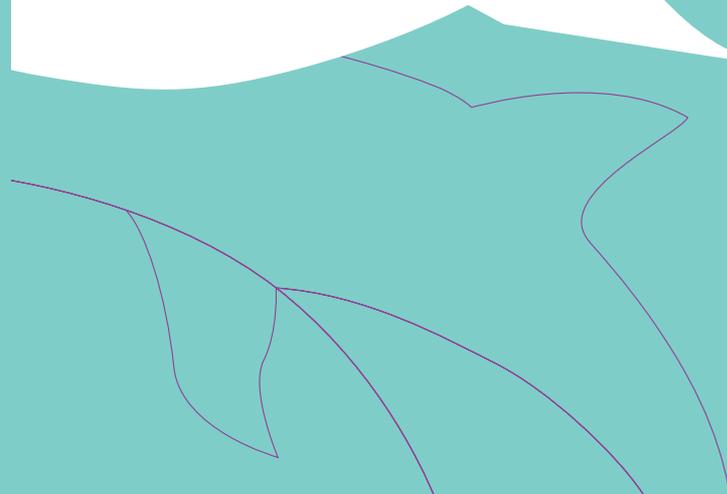
For someone with an eating disorder, having the support of family and friends as they set out on the path to recovery is vital. But the stress and fear caused by a loved one suffering can make it difficult to know how best to help.

Furthermore, an eating disorder affects not only the person suffering but those around them too. Those caring for someone with an eating disorder may find it affects their own health and wellbeing, and that this impacts their ability to support their loved one. It's vital that carers have the tools they need to look after both the person with the eating disorder and themselves.

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I attended Beat's workshop when my 16-year-old daughter had relapsed after regaining weight in hospital. I was feeling very depleted and hopeless. I can now see light at the end of the tunnel and have hope I can use the skills learned to help my daughter recover.

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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 suffering but family members, friends, and professionals working closely with people with eating disorders.

We know early treatment is vital to recovery – the longer someone's illness is left to develop the more ingrained it becomes, and the more difficult to treat. A key part of this is a strong support network. Our training focuses on helping the people close to those suffering understand how to provide support and encourage recovery.

“ You were absolutely brilliant. The toolkit you gave us was invaluable, and I am very grateful for the links you have forwarded. Thanks for all your great advice. I really appreciate your honest but caring approach. **”**

Feedback for Developing Dolphins trainer

“ My parents benefited so much from these workshops! I immediately noticed the way they changed their approach to supporting me. **”**

Beat has created Developing Dolphins for anyone caring in a personal capacity for someone with anorexia or bulimia.* The course is based on the principles of the New Maudsley method developed by leading expert Professor Janet Treasure. Developing Dolphins is run over a weekend and delivered by clinicians who work directly with people with eating disorders.

*Please get in touch to find out more about Developing Dolphins for binge eating disorder.

“ ...[The course] really helped me to have faith and belief that, with the right guidance and support, our daughter could make a full recovery. **”**

What will I learn?

Over the course of two days, you'll find out more about eating disorders, gain an understanding of the driving forces behind them, and learn some techniques to help your loved one in recovery and look after your own wellbeing.

Day one

- Understanding eating disorders, their psychology and the factors that maintain them.
- Affirmations and encouraging flexible thinking.
- New Maudsley method “carer styles”.
- Avoiding accommodating and enabling behaviours.
- A talk from a Beat Ambassador who has personal experience of coming through an eating disorder.

Day two

- Motivational interviewing.
- Open versus closed questions.
- Solution-focused questioning and reflective listening.
- Avoiding “The Reassurance Trap”.
- Self-care and mindfulness for carers.

You'll also go away with useful tools and resources, including meal planning tools and *ED says U said: Eating Disorder Translator* by June Alexander and Cate Sangster. You'll also get ongoing access to support through our free and confidential helpline.

Developing Dolphins is open to anyone caring for someone with an eating disorder in a personal capacity. Exact eligibility criteria depend on whether and how Developing Dolphins is funded in your area. Email Beat at training@beateatingdisorders.org.uk if you'd like to know more.

Need support right now?

Beat's support services free, confidential are available to anyone affected by an eating disorder, including friends and family.

Helpline: 0808 801 0677

help@beateatingdisorders.org.uk

Youthline: 0808 801 0711

fyp@beateatingdisorders.org.uk

 [@beatEDSupport](https://twitter.com/beatEDSupport)

 [BeatEDSupport](https://www.instagram.com/BeatEDSupport)

Online support

Visit beateatingdisorders.org.uk for online support groups, one-to-one chat and more information about eating disorders and recovery.

Use helpfinder.beateatingdisorders.org.uk to find services in your area.

Beat
Eating disorders

A charity registered in England and Wales (801343) and Scotland (SCO39309).

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