

Robina Private Specialty Clinic

Eating Disorder Collaborative Care Skills

Learn skills to help your loved one move towards recovery from an eating disorder

Who is the program for?

Anyone who is supporting a person with Eating Disorders, such as family, friends, partners and carers. (Please note this is not for health professionals)

Program aims to:

- Understand how an eating disorder may impact your loved one and the effect this condition can have on behaviour and relationships
- Understanding the process of change
- Care for yourself and avoid burnout
- Identify your caring style and how you can best lean into it when supporting your loved one
- Manage difficult behaviours and utilise skills to encourage your loved one toward recovery
- Explore how to validate, label and then address emotional needs
- Evidence-based treatment models outlined
- Find a community with others who are going through a similar experience to you.

**Facilitated by
Psychologist Dr
Kim Hurst and Art
Therapist Mel
Marks**

About the program

Participants will be provided psychoeducation and support around self-care and wellbeing.

The three workshops are designed to improve knowledge and communication styles, develop coping strategies, and problem-solving skills in a supportive group space.

When is it held?

Weekly Wednesday 9:00am - 11:00am

How to join

Participants interested in attending this series of workshops can call or email the Robina Private Specialty Clinic to register:

T: 07 56655166

E: rbn.specialtyclinic@aurorahealth.com.au

How much does it cost?

\$360 for 3 x 2-hour sessions, to be paid in advance.