

Feedback from previous attendees



"Slides informative. Good presentation skills. Great empathy delivered. Non-judgmental. Felt very comfortable."

"Great work, lovely sessions, very heartfelt tutorials."

Very enlightening and has helped me connect certain things to my disorder. I now don't feel that I'm alone and have realised that there is hope to finding a recovery solution.

"Thank you for all of your help, it has been very useful to understand my eating disorder and to understand that I am not alone in this, you've been brilliant!"

"Given me an insight into how my therapy sessions will happen, what it will entail, why eating habits such as mechanical eating are important, encouraged me more to reach out to others, made me feel so much better that I'm not alone in many habits or symptoms I have".

"Professionally delivered"

"The info was delivered in a kind way with no pressure to change which was nice."

Frequently asked questions

Do I have to do these groups, will it affect me having an offer of therapy?

The groups are voluntary and it won't affect an offer of therapy, however we strongly recommend these groups as a valuable starting point whilst you are waiting for therapy.

I can't attend the date and time that was offered to me

We run these groups regularly and they are offered on different dates/times so keep an eye out for email invites.

Do I have to participate?

Although we encourage you to participate in the group either via the chat function or talking, you do have the option to just sit and listen without your camera or microphone on. We want you to feel as comfortable as possible.

Do I need to make notes?

You are welcome to make notes as we go along, however we are able to send out copies of the slides afterwards.

How do I access Microsoft Teams?

If you've been invited to a Microsoft Teams meeting, and don't have a Microsoft Teams account you can join easily as a guest. Here's how;

1. Check your email for the teams meeting invite and click the Join Microsoft Teams Meeting link
2. Open Teams on the web or download the program
3. Enter your name, choose your audio and video settings
4. Click the 'Join Now' button to be admitted into the meeting

We will also send a detailed booklet with joining instructions with the email invite.

Leicestershire Adult Eating Disorder Service

Psychoeducation online group "Understanding my eating disorder"



Aims of the group

This group is the first step of the treatment pathway

- It is not therapy or self-help, but it will give you the opportunity to:
- Have access to current and accurate information about eating disorders.
 - Encourage self-exploration / self-reflection.
- Think about the process of change and what this means for you and your family.
 - Have a space to think about what treatment/therapy will be like.

- Online group that runs for 5 weeks. These are offered on different days/ times each time a group runs so if you can't attend the first one you are offered there will be future dates/times.
- Each session is 45 minutes long.
- Offered whilst you are waiting for therapy.
- The group is run by the assistant psychologist and the clinical associate in psychology trainees.

How to join the group

• There is no expectation to have your camera on, or to speak, it is purely an information giving session and we'd like you to be as comfortable as possible.

• The group runs via Microsoft Teams. You will be sent a link to join the group via email from our Leicestershire Partnership Trust (LPT) research email address.

Please keep an eye out for these emails as they can end up in junk folders.

In this email you will be sent a joining link which you click on at the time of the group to join. This will be the same link for every session. We will also provide a booklet which gives detailed information about how to join a Microsoft Teams meeting.



Session content

Session 1: What is an eating disorder? – Information on eating disorders and factors affecting development of an eating disorder.

Session 2: Weight, weighing and physical factors -What a healthy body is, looking at how healthy bodyweight is measured, discussing the weight range people can be in and remain biologically healthy, and thinking about set point and starvation theory.

Session 3: Normalising eating: the fears and facts- Focus on the advantages to normal eating, explore the barriers and difficulties some people can come across and rationalising fears with facts.

Session 4: Concerns about controlling eating, shape and weight and the costs of an eating disorder- Looking at what we place value on within ourselves, identifying what shape and weight concerns look like and why we address them. Recognising the costs of an eating disorder and the benefits of change.

Session 5: What will recovery from an eating disorder look like? – Understanding what treatment options are available, exploring what each of those options will look like and recognising that recovery is not a linear process.