

# NIWE Eating Distress Service



## Maudsley Model Training Course May 2019

### Course Outline

The aim of the New Maudsley Model is to help Carers feel more confident and empowered in their role, to reduce their anxiety, and improve communication lines in the family, ultimately helping them best support their loved one on their path towards recovery.

### It aims to do this by:

- Strengthening carers' beliefs in their abilities to make change possible
- Giving carers the opportunity to express concerns about the illness
- Discussing the basic principles of behaviour change
- Teaching communication skills (ability to express & process emotions)
- Promoting respect, satisfaction and a unified approach within the family
- Maximizing carers skills (warmth with limits and boundaries)
- Highlighting factors which may be aggravating the problem
- Teaching the skills of problem solving

**What:** 2 Day Training Course

**When:** Saturday 18th May &  
Sunday 19th May

**Who:** Those caring for someone  
with eating distress

**Time:** 9:30am - 4:30pm

**Where:** NIWE

The Old Post Office,  
5 Pink Lane,  
Newcastle, NE1 5DW

### How To Book

Contact **NIWE**

**Tel:** 0191 221 0233 (**OR**)

**Email:** [enquiries@niwe.org.uk](mailto:enquiries@niwe.org.uk)

Refundable deposit of £25  
required

\*Please note places are free and limited so booking is essential.