

Beat

Eating disorders

Supporting a loved one with an eating disorder?



A new space for carers from Beat,
the UK's eating disorder charity

How Beat can help

Taking care of a loved one with an eating disorder can be incredibly stressful and overwhelming. It's likely that the situation is unlike any you've ever dealt with before, and that you and your loved one have experienced a lot of changes very quickly.

Support for yourself as a time like this is really important. Equipping yourself with both key skills for managing the eating disorder and ways to look after your own wellbeing puts you in the best possible position to look after your loved one.

That's where Beat's **P**eer support and **O**nline **D**evelopment – or **POD** – comes in.

I am still learning, but definitely now have more confidence and feel better equipped to assist [my loved one's] recovery.

Beat service user

What does POD offer?

Beat's online platform provides you with online modules, resources and spaces to talk with other carers to help you better support your loved one.

Bringing together clinical expertise, academic knowledge and user experience, POD gives you a place where you can consider your responses to the eating disorder and make positive changes so that you can provide the best possible support.

Through POD, you have free access to e-learning that will give you the skills you need, as well as a community for anyone caring for a loved one with an eating disorder to share with people who understand what you're going through. You can also access our carer skills workshops and our coaching and peer support services.

Beat's services are:

- Completely free to service-users.
- Online or telephone-based to fit more easily into your schedule. Module-based learning can be done at your preferred pace.
- Designed by experts by profession, personal experience, or both.
- Confidential – nothing from our services sessions is shared outside Beat.

Beat's services for those supporting people with eating disorders are based on the New Maudsley Approach, whose animal models are a simple way to illustrate different caring styles. The "Dolphin" style – at times leading the way, at others supportively swimming alongside your loved one, and sometimes knowing when to drop back to let your loved one move confidently forward.

I now approach situations in a different way and stop to think about the best way forward. We are now moving in the right direction toward recovery.

Beat service user

Want to join POD?

POD will empower carers and parents with knowledge, facts and empathy, enabling them to support their loved one to a full recovery, from a place of understanding.

Carer involved with POD development

Getting access to POD and all the services it offers is quick, easy, and free. Go to elearn.beateatingdisorders.org.uk where you can sign up and get started. Or read on to learn more about what POD offers.

Learn new skills with Beat

Through POD, you can access a wide range of interactive e-learning modules. Using a combination of written, visual, and video-based learning tools, you'll learn more about the basics of eating disorders, the psychology behind what your loved one is experiencing, and what to expect from treatment. You'll also learn about useful tools to support your loved one in recovery, such as motivational interviewing, the stages of change model, and how to avoid accommodating or enabling behaviours.

" [The service] has made a huge difference to my self-belief that I can help [my loved one]... and given me hope when sometimes it's hard to remain hopeful. "

Beat service user

Engage with a community that understands

You're not alone in supporting a loved one with an eating disorder. With POD, you can connect with others who have the same experiences and worries as you. Through our moderated peer support forums, you'll be able to discuss what you're learning, and share information, resources and ideas with others caring for someone with an eating disorder.

" Just hearing other carers' stories... helped me feel I wasn't on my own, and I picked up handy tips. "

Beat peer support user

Each week, you'll also be able to access drop-in spaces to meet with Beat's Clinical Associate Trainers, who'll help you consolidate everything you've learned.

Access Beat's services

Beat offers a wide variety of services for carers, with lots of ways to gain skills to support your loved one and learn with others who know what you're going through. The services are designed to fit around you – you can access them all from your own home, with phone, video, and webchat options.

Telephone coaching

Nexus is a telephone-based coaching service for anyone whose loved one has been unwell for five years or under. Each week, you'll have a phone call with a Beat advisor, who'll guide you to find solutions to issues you're experiencing and offer practical techniques to help motivate positive change in your loved one. The service runs for 12 weeks, starting with a 50-minute call to help your advisor gain an understanding of your situation, and then a 40-minute call in the following weeks.

You can access Nexus at
beateatingdisorders.org.uk/nexus

I'm using these phone calls to help coach me... so that after this I am well and able to look after myself too.

Nexus user

Carer skills workshops

Our carer skills workshops help you understand more about eating disorders and equip you with skills to support your loved one towards recovery.

Through **Developing Dolphins**, you'll learn about the driving forces behind eating disorders, how to avoid doing things that could maintain the eating disorder, and techniques for both encouraging recovery and looking after yourself. On **Raising Resilience**, you'll learn more about supporting your loved one through recovery as well as how to set boundaries to ensure the wellbeing of both yourself and your loved one.

“
...It really helped me to have faith and belief that with the right guidance and support, [my loved one] could make a full recovery.”

Beat carer workshop attendee

Both Developing Dolphins and Raising Resilience run over five sessions of two-and-a-half hours, and are led by experienced eating disorder clinicians. We'll also send you relevant reading to support your learning.

“
While the courses cover some similar themes, many people find it useful to attend both, and you can do this in any order.”

Peer support groups

As well as the peer support available on the POD message boards, you can access both chat- and video-based peer support through **The Aviary** and **Solace**.

The Aviary is an anonymous and welcoming online support group for anyone supporting someone with an eating disorder. The chat is moderated by Beat staff but led by participants, so you're free to share what's on your mind or ask for advice. The Aviary runs every Sunday from 6.45pm – 8pm, and you can attend as often or as little as you like.

Solace is a video-based peer support group that runs for eight weekly 90-minute sessions, where you can talk to others caring for people with eating disorders. The group is led by participants, while an experienced eating disorder clinician will facilitate and offer a theme to base discussion around.



I found the session very helpful... I do not know any other parents with children who are suffering from an eating disorder so just hearing everyone's story made me feel less alone.

Solace attendee

Beat is the UK's eating disorder charity.
Learn more about POD, our platform for anyone
caring for someone with an eating disorder, at
elearn.beateatingdisorders.org.uk
or contact the training team on
training@beateatingdisorders.org.uk or
01925 912829

I am so grateful
to Beat for providing
this service as it has
transformed how
we support [our
loved one.]

Beat service user

Beat
Eating disorders

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