



*Are you
supporting
someone with
an Eating
Disorder?*

COLLABORATIVE CARE SKILLS WORKSHOP (CCSW)

CCSW is a 5-week evidence-based workshop designed to improve carers' wellbeing, coping strategies and problem-solving skills by modifying communication patterns and teaching carers the basic principles of emotional coaching and motivational interviewing

How can it help you?

CCSW has been shown to reduce psychological distress, burden, expressed emotion and emotional over-involvement in carers of people experiencing an eating disorder. The workshop covers a range of topics that relate to the role of being a Carer and provide the carer:

- A greater understanding of the impact an eating disorder has on their loved one
- Understanding of their parenting style and how they can adapt it to help their loved one
- Effective communication skills to reduce conflict
- Emotional coaching skills
- A safe and non-judgemental space to share their experiences with others

Contact Us

We offer a free 15-minute consultation to answer any questions about the workshop.

To schedule your consultation, please email:
archana@tikvahclinic.com.au
www.tikvahclinic.com.au

WHO IS IT FOR?

These workshops are specifically designed to support adult Carers whether they're: parents, siblings, partners, relatives, or friends who are caring for someone with disordered eating issues and eating disorders.

WHAT WILL IT LOOK LIKE?

A series of 2-hour sessions is delivered on a weekly basis for 5 weeks. Each week has a particular focus which includes psychoeducation, group discussion and exercises, using carers' own scenarios.

WHERE AND WHEN

Where: Via Zoom

Date: Monday 15th Aug–Monday 12th Sept 2022 (5 Weeks)

Time: 6:00 pm -8:00pm

Register by: 8th August 2022

Cost: \$ 350 pp: \$ 525 per couple

(Reduced cost options are available)