

Body Image; an Exploration of Influences, ‘Health’ messages and the Impact of this on our Well Being

If you are a counsellor, nutritionist or mental health professional, seeking to improve your knowledge and skills in helping clients with body image concerns, then this course is for you. Workshop participants should be aware that this is an active and interactive/experiential workshop and be prepared to share, in a confidential setting, material to do with themselves and their clients.

What will I gain from the training?

An opportunity to consider and explore your own relationship with the subject of body image and equip and enhance your confidence in working with clients to improve body image and self-esteem.

This training will give you: -

- Knowledge and understanding about ‘the self’ and what influences our perceptions around body image and appearance
- An appreciation of the factors that impacts our opinions about our own and other people’s bodies
- Specific skills and techniques, which can be used with clients to begin to facilitate change
- Enhanced personal understanding and confidence to engage and work with clients presenting with concerns about body image
- A recap on theory and how it links to the subject of Body Image

Who are the trainers?

Kelly Williams: Kelly is a person-centred counsellor and trainer with experience of working with individuals, couples and groups. She has been in private practice for 6 years and started out her career, 17 years ago, specialising in baby loss and the impact this has on women and their self-image. She is passionate about the subjects of shame & body image.

Anne Booth; Anne brings 20 years of experience of working with individuals in the voluntary sector, NHS and private practice, with a special interest in recovery from shame about body image.

- Venue:** The comfort of your own home, via Zoom
- Date:** ***Please Register your interest***
- Time:** 10.00am - 4.30pm (9.30am Registration)
- Cost:** £75.00
- CPD Hours:** Delegates will receive certification of 6 Hours on completion

For more information contact Anne Booth at anneboothabcd@gmail.com