

Eating Disorder Awareness

Week 2016

- Kel O'Neill



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Learning Together Online

RESOURCE GUIDE

About Kel O'Neill

Kel O'Neill is a Counsellor, Trainer, and Supervisor with a special interest in the area of Eating Disorders. Kel has spent much of the last 12 years working in this field in a variety of roles and is ever passionate about sharing her experiences, and using her knowledge for the benefit of others.

As a Counsellor, Kel works with eating disorder related concerns as well as a variety of other issues within her own private practice. She also offers traditional Counselling Supervision, as well as providing case specific consultation for Counsellors requiring extra input while working with a client with an Eating Disorder.

Kel delivers a variety of workshops on this subject – which are ran across the country and works with a growing number of educational establishments to offer course input.

The 2016 workshop dates will soon be available and you can follow Kel regularly on her Eating Disorder and Mental Health Blog at www.mentalhealthbites.com



Kel O'Neill



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Event Details

Today is the start of Eating Disorder Awareness Week 2016 and there couldn't be a better time of the year to learn a little more about the topic! This year's theme for the week is Eating Disorders in the Workplace; a clear acknowledgment that adults can develop, and suffer from Eating Disorders too.

- Do workplaces think about the support they offer staff with Eating Disorders?
- Is it safe for employees to be in work?
- How can we best support working adults, and the stigma they might experience in their recovery?

Kel will be available to talk about any HOT OFF THE PRESS releases of the week, and to answer your questions.



Resources

www.b-eat.co.uk

Beat is the UK's leading charity supporting anyone affected by eating disorders or difficulties with food, weight and shape.



@beatED



/beating.eating.disorders



Kel's Book List

Click [HERE](#) for a list of books recommended by Kel



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Resources

Enei Guide for Employers: Eating Disorders in the Workplace

In association with Beat, enei (Employers Network for Equality and Inclusion) have produced a best practice guide.

The guide will give employers a thorough understanding of eating disorders for an employment perspective. It includes stories from Beat supporters and information about how an employer or colleague can best support an individual with an eating disorder.

[**CLICK HERE TO DOWNLOAD THE GUIDE**](#)



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Training

Eating Disorder Workshops / CPD

"We are told Eating Disorders are 'complex' and 'difficult to treat' and this means stigma, avoidance and a lack of awareness. I therefore have worked really hard to condense much of what I have learnt in the last 10+ years of volunteering and working in this field into the following workshops..."

- **Eating Disorder Workshops**
- **Counselling Skills for Manual Therapists Workshops**

[CLICK HERE FOR MORE WORKSHOP DETAILS](#)



Contact

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