



# The Greenane Centre

# Specialist Certificate Eating Disorders

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STUDENT HANDBOOK

MAY 2022



Dear Student,

I am delighted to welcome you onto our Specialist Certificate in Eating Disorders. Our IACP CPD approved and recognised Specialist Certificate in Eating Disorders will present an holistic exploration of eating disorders and equip participants with the knowledge, skills and competencies to identify, support and engage therapeutically with clients who present with an Eating Disorder.

**Please study your programme handbook before Programme Orientation  
Programme Orientation Saturday, May 7th 2022 from 10am – 11.30pm**

**Your Programme Handbook includes:**

- Programme Learning Outcomes
- Contact Details
- Attendance Requirements
- Tutorial Date
- Personal Responsibility Statement
- Assessments
- Fee Structure
- Timetable
- Recommended Reading List
- Book Review Assignment Brief
- Learning Journals Brief
- Assignment Submission Dates
- Zoom Classroom Guidelines

**All classes will be recorded, you may watch back recordings on your student portal in your own time to consolidate your learning.**

You may contact me with any concerns or queries throughout your training at [liz@greenane.ie](mailto:liz@greenane.ie) or by phone on 087 7800500.

I hope you will enjoy your training experience with The Greenane Centre.

Kind Regards,



**Programme Director**

## Learning Outcomes

Our Specialist Certificate in Eating Disorders aims to enhance participants knowledge, skills and competencies in working therapeutically with clients who present with an eating disorder. Underpinned by the latest research highlighting neuroscientific influences affecting the eating disordered brain participants will explore the different eating disorders namely Anorexia Nervosa, Bulimia, Binge Eating Disorder and Avoidant /Restrictive Food Intake Disorder. In addition, participants will be exposed to a wide range of theoretical models addressing the types, causes and symptoms of eating disorders. This programme will also examine different treatment modalities and the application of theory to practice developing participants awareness of counselling/psychotherapeutic approaches which contribute to the therapeutic management of eating disorders. This programme will also explore societal influences, responses and attitudes towards people affected by eating disorders and explore how these can affect the building, maintaining and sustaining of a supportive working relationship with clients and their families.

### Key Learning Outcomes:

Our Specialist Certificate in Eating Disorders will present an holistic exploration of eating disorders and equip participants with the knowledge, skills and competencies to identify, support and engage therapeutically with clients who present with an eating disorder.

- Examine the definition of eating disorders and how to distinguish between normal and abnormal use of food.
- Understand the complexity of relationships with food through physiology, neuroscience and psychology.
- Develop a sound appreciation of how society influences and impacts approaches to food and body image.
- Understanding the different types, theories and treatments of eating disorders.
- Identify and evaluate key theoretical perspectives on eating disorders: Psychoanalytical Addiction and Biopsychosocial Models.
- Develop the tools and competencies to therapeutically support a client with an eating disorder.
- Develop strategies to support family members.

## Contacts

- **Liz Quish Clinical and Training Director**  
[Liz@greenane.ie](mailto:Liz@greenane.ie)

Please do not hesitate to contact me should you have any queries or concerns.

Please email me if you are unable to present for class.

- **Paul Quish IT and Accounts**  
[admin@greenane.ie](mailto:admin@greenane.ie)

Please contact Paul should you have any queries regarding accounts and student portal.

## **Attendance**

90% Attendance is required in order to receive Certification.

If for any reason you are unable to present for class please email [liz@greenane.ie](mailto:liz@greenane.ie)

## **Tutorials**

Students are required to attend one tutorial in order to explore your key learning and process.

**Tutorial Date:** Wednesday 25<sup>th</sup> May 7pm to 9pm

## **Personal Responsibility**

Each student has a personal and ethical responsibility to ensure their self-care, students are advised to seek personal therapy and or supervision if triggered personally or professionally by any element of the course content.

If for any reason you need to leave class during lectures please let your tutor know by sending them a private message in the Zoom Chat Box

## **Assessments**

- One Reflective Journal 2000 Words
- Book Review 1500 Words

## **Programme Fee & Payment Schedule**

Programme Fee: €1,300

- €400 Deposit on registration
- €600 by 18th February 2022
- €300 by 8th April 2022

**Please note, all payments are non-refundable and non-transferable.**

## **Timetable:**

**Class Time 10am – 4pm**

### **Programme Orientation**

**Facilitator: Liz Quish**

**Saturday, May 7th 2022. 10am – 11.30pm**

Introduction to Course Philosophy, Principals, and Assessments

### **Types of Eating Disorders Facilitator: Dr. Alvina Grosu**

**Sunday 8th May 2022**

- Conceptualising and Defining Eating Disorders
- Anorexia Nervosa
- Bulimia
- Binge Eating Disorder
- Avoidant /Restrictive Food Intake Disorder ( AFRID)

### **Theories of Eating Disorders Facilitator: Dr. Alvina Grosu**

**Saturday 14th & Sunday 15th May 2022**

- Eating Disorders as an Addiction
- Psychoanalytical Approach
- Biopsychosocial Model

### **Societal Influences Facilitator: Fierna Kennedy**

**Saturday 21st May 2022**

- Approaches to Food
- Body Image
- Dieting
- Media Messages
- Cultural Influences
- Gender & Eating Disorders

## **Treatment Modalities** Facilitator: Fierna or Alvina?

**Saturday 28th & Sunday 29th May 2022**

- Treatment Pathways
- Counselling & Psychotherapy Approaches and Modalities
- Counselling Skills & Strategies
- Qualities & Attitudes

## **Working Therapeutically with Eating Disorders** Facilitator: Fierna Kennedy

**Saturday, 11th June 2022**

- Medical Intervention; Prevention, Relapse & Recovery
- Working as Part of a Multidisciplinary Team

## **Supporting Family Members** Facilitator: Fierna Kennedy

**Sunday 12th June 2022**

- Understanding the mindset of a loved one with an Eating Disorder
- Supporting Recovery
- Understanding Triggers
- Strategies for Managing Mealtimes
- Strategies for Coping with a Relapse
- Building a loved one's Self Esteem

## **Review & Case Conceptualisation** Facilitator: Dr. Alvina Grosu

**Saturday 18th June 2022,**

- Case Study Presentation
- Case Study Case Conceptualisation
- Review and Recap
- Open Discussion

## **Programme Closing** Facilitator: Liz Quish

**Friday, 24th June 2022. 7pm – 9pm**

Group Process, Exploration of Knowledge and Implications for Professional Practice.

## Recommended Reading List

Effective Clinical Practice in the Treatment of Eating Disorders,  
The Heart of the Matter.  
Edited by Margo Maine, William N Davies and Jane Shure.

Trauma-Informed Approaches to Eating Disorders.  
Edited by Andrew Seubert and Pam Virdi.

Working with People Affected by Eating Disorders and Facultative Recovery.  
Edited by Jean Morrissey and Kielty Oberlin.

8 Keys of Recovery from an Eating Disorder .  
By Carolyn Costin and Gwen Schubert Grabb.  
(this book can be used by clients and therapists)

An Internal Family Systems Guide to Recovery From Eating Disorder:  
Healing Part by Part .  
By Amy Yandel Grabowski  
(this book that can be utilised by clients and therapist).

Loving Someone with an Eating Disorder.  
By Dana Harron.  
(A lot of 'supportive' books focus on parents and their child but this is adult orientated book for partners/spouses).

Embodiment and the Treatment of Eating Disorders:  
The Body as a Resource in Recovery  
By Catherine Cook-Cottone

The Golden Cage.  
By Hilde Bruch.



# The Greenane Centre

## Assignment:

### Book Review

Word Count: 1,500

#### Cover Page:

- Book Review
- Book Title and Author
- Presented By: Your Name
- Word Count

#### Assignment Presentation:

- Font Times New Roman
- Font Size 12
- 1.5 Line Spacing
- Headings Font size 14

A well-structured book review contains a heading, an introduction, a summary of the main points or chapters, a critical analysis, an evaluation and a conclusion. A critical book review is a thoughtful discussion of a text's contents, strengths, and limitations. Compose your review as you would any essay, with a clear, logical structure.

#### Guidelines:

##### Heading

Book title, author's name, place of publication, publisher name, publication date and the number of pages.

##### Introduction

In the introduction, introduce the book conveying what the book is about.

##### Summary

In this section of the review, provide an outline of the main themes, principles or concepts presented in the text.

##### Evaluation

Offer a critical review of the text and the ideas presented in it. What stood out for you?. How will this text informed your practice? Give your initial appraisal of the work, include your key observation on the text mentioning strength and weaknesses.

##### Conclusion

Would you recommend this book? Indicate whether you feel the book is worthwhile. Is the book outstanding? Will it make a lasting contribution to its field, or is it less satisfactory? Give a star rating out of 5 – 5 being excellent.





## Assignment:

### Reflective Journal

**Word Count: 2000**

#### Cover Page:

- Reflective Journal
- Presented By: Your Name
- Word Count

#### Assignment Presentation:

- Font Times New Roman
- Font Size 12
- 1.5 Line Spacing
- Headings Font size 14

A reflective journal is not simply a summary of the course material; it should also include your reactions to what you've learnt. It requires you to write in both the first and the third person. Use first person ('I') to provide your own reflections about what you are learning, its personal impact on you, and how you would apply theories, concepts and skills being presented by the facilitator in your practice. Use third person (people's names, he/she/they and words like counsellors, an individual etc) when discussing the theories or research of authors you discuss in your journal.

#### Guidelines:

- What was the most interesting thing about this lecture topic - why was that?
- What material didn't I find interesting – why was that?
- What have I changed my mind about as a result of this topic?
- What is one thing I learned in this topic that I may be able to use in future?
- What am I still unsure about? What would I like to learn more about?
- What are my ideas for action, based on this topic?
- What am I discovering about myself through being on this course?

You are not required to use references in this piece of work, however if you feel references will enhance your journal you are free to add quotes and reference points.



## Assignment Due Dates

Book Review                      Word Count: 1,500                      Due: Friday July 1<sup>st</sup>

Reflective Journal                Word Count: 2,000                      Due: Friday July 1<sup>st</sup>

**All assignments to be uploaded to your student portal in WORD FORMAT.**



## Zoom Classroom Etiquette

This is a virtual classroom, therefore I would appreciate your cooperation in adhering to the outlined guidelines:

- Log into your class on time and from a distraction-free, **quiet and confidential** space.
- Return from breaks at the designated time.
- Please keep your audio on mute until you want to speak. This will help to limit background noise.
- Consider using a headset with an external mic for best hearing and speaking capabilities.
- If you would like to use the chat box, remember that it is public to all group participants, however you may send private chat.
- Keep paper and a pen handy to take notes.
- If you need to leave class during a lecture please advise your tutor by sending them a private message on Zoom Chat.
- Make sure your video is on so the facilitator and your peers can see you.
- Be mindful of your background lighting. If you are sitting with your back to a window, you may be silhouetted by the light coming through. Your overhead light might also need to be adjusted for the best image quality.
- Remember to sign out or “leave the meeting” when the class is finished.
- If you need a drink or snack, please go off camera and continue to participate with just audio.

**If you are unable to attend class please email [liz@greenane.ie](mailto:liz@greenane.ie)**