



The Greenane Centre

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?



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Saturday 28th & Sunday 29th May 2022

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

Working Therapeutically with Eating Disorders Facilitator: Fiarna Kennedy

Saturday, 11th June 2022

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

Supporting Family Members Facilitator: Fiarna 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.