

provides the opportunity for work to be applied on a more personal level.

What do other people who attend the course have to say about it?

At 'Caraline' we understand that accessing help and support can be a daunting feeling, and that it is often useful to speak to others who may have experienced what you have, or to have the opportunity to hear the opinions of those who have completed what you might yourself be thinking about completing.

The opinions of those who have completed the programme previously have described the experience as challenging yet extremely beneficial, and that it was good to have "support from other people who understand".

The content of the programme has enabled group members to "conquer their food fears" and enable them to "talk more about it". The ethos of the group is very much about allowing group members to explore their eating behaviour for themselves by applying the content and material to themselves.

In addition to exploring the thought processes of those who attend, enhancing the self esteem

and confidence of those who attend is considered equally as important. Those who have attended the group previously have described the group as "really helping with confidence" which helps group members progress.

Who will attend and who are the facilitators?

In order to access the 'Eating Behaviour Group' you would need to be referred to 'Caraline' either by yourself or someone else (GP, Counsellor). Following this an initial assessment will be completed by a member of Caraline staff which seeks to identify needs associated with problematic eating.

How do I access the 'Eating Behaviours Group'?

If the 'Eating Behaviours Group' sounds like something you would be interesting in attending, you can refer yourself by contacting Caraline. You will be offered an assessment which will take place over three sessions. Following this, you may be offered a place on the programme depending on the outcome of assessment which a member of staff will talk to you about.

Caraline

"A journey of a thousand miles begins with one small step"

Confucius



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What is Caraline?

Caraline is an independent Luton based charity dedicated to helping and supporting people whose lives are affected by anorexia, bulimia and compulsive over eating.

We are partially funded by the Primary Care Trust (PCT) Bedfordshire and Luton.

Our aim is to ensure that anyone affected by an eating disorder within Bedfordshire and the surrounding areas can easily access advice, support and treatment. However, we never turn anyone away who needs our help, no matter where they live, and will help them find the treatment they need either through Caraline or providing information about other services.

What support can be offered?

Caraline aims to work with people affected by eating disorders in a number of ways. Support is offered in both individual and group formats where self support, peer support and group support is encouraged, where the main intention is to give support to people living with eating disorders and their carers.

- Caraline provides a helpline for anyone who may be affected by an eating

disorder. Here you can discuss your concerns with someone impartial in a non judgemental and confidential manner.

- Caraline facilitates a monthly self help group where you will receive support with others who are affected by eating disorders.
- Caraline delivers a cognitive behavioural group work programme which is delivered over ten sessions. One to one key work is offered as part of the programme.
- Caraline offers a client drop in support session once a week.

The Eating Behaviour Group

Caraline offers clients an opportunity to access a Cognitive Behavioural group work programme. Its emphasis is on exploring how our own thought processes impact on our emotions and decision making, with a view to recognise errors in the way we think and gain more control over our behaviour.

The 'Eating Behaviours Group' is a ten session programme designed to target those areas known to be commonly associated with, and contributory to

problematic eating behaviour. The main areas of exploration within this programme are;

- The process of changing problematic behaviour
- Understanding our thoughts, feelings and behaviours and how these link together
- Thought processes and how to challenge them
- Emotional management and distraction
- Problem solving

It is recognised that those affected by eating disorders often experience difficulties with managing emotion. One of the biggest aims of the programme is to recognise negative emotions that either contribute to, or are an effect of the eating disorder such as anxiety and depression. The intervention aims to enable clients to recognise, manage and reduce those emotions that cause them distress.

The programme requires clients to attend session on a weekly basis, and to complete assignment work in their own time. Assignment work is based on the material covered in group work sessions and