

A large, stylized speech bubble graphic on the left side of the slide. It is dark purple with a lighter purple outline and contains two smaller, rounded rectangular shapes inside, suggesting a mouth or a container for text.

WELCOME

HELPFUL CONVERSATIONS

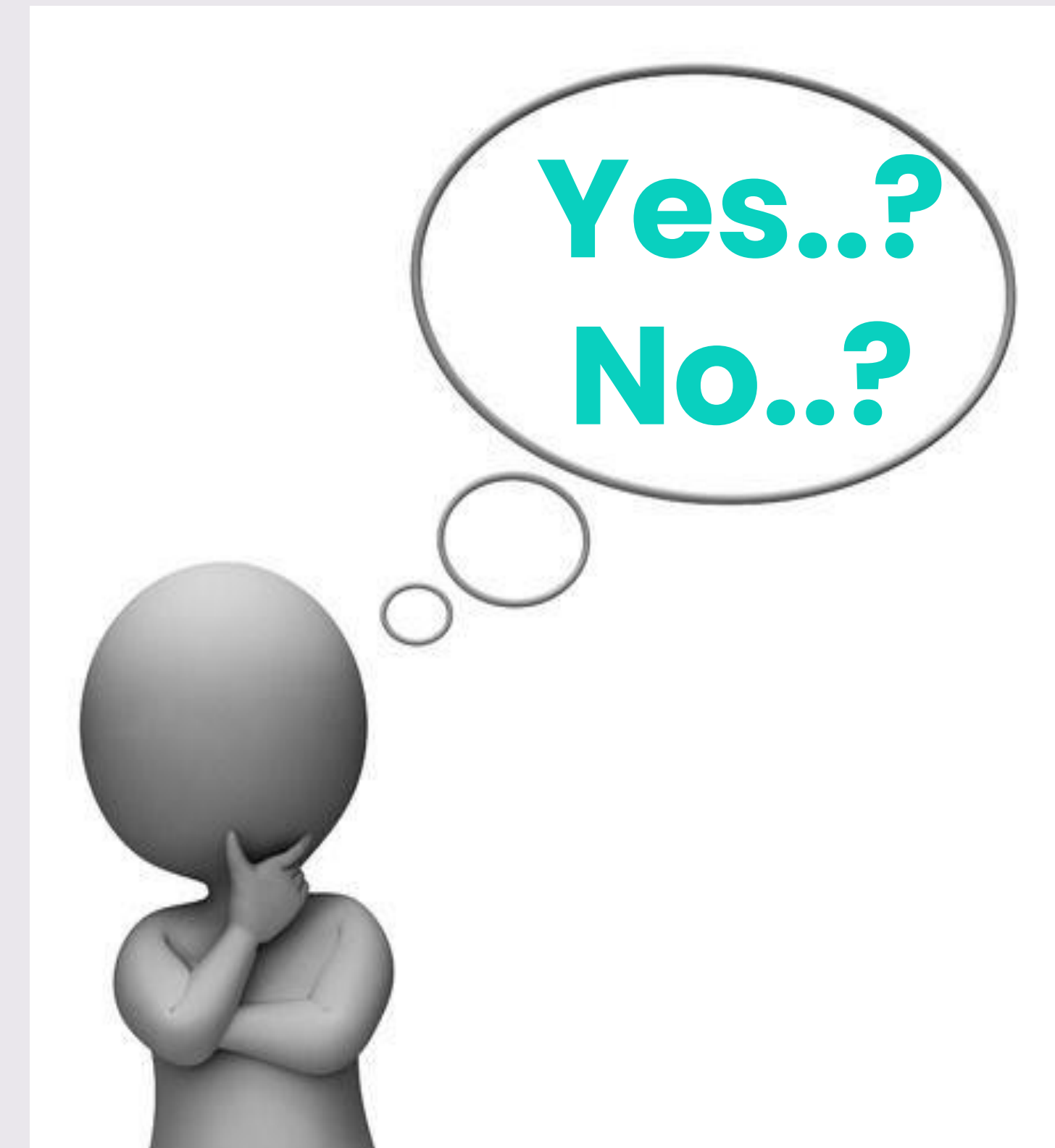
WWW.BEATEATINGDISORDERS.ORG.UK
TRAINING@BEATEATINGDISORDERS.ORG.UK

POTENTIAL BARRIERS TO SEEKING SUPPORTS

1. Are too afraid to seek help.
2. Shame, embarrassed or afraid of being judged.
3. Believe they are not sick enough to seek help.
4. Fears of breaches in confidentiality.
5. Past experiences / feel invalidated.

I'm worried about this person, should I approach?

YES!
Open the
door.



BARRIERS TO COMMUNICATION

The brain is very sensitive
to poor nutrition

Superfeelers

Internal ED voice

'GREEDY FAT PIG'

**'You're
so ugly**

**they would be
happier
without you'**

**'if people
see you like
this, they'll be
repulsed**

You're worthless

**They're all trying to
make you fatter'**

**You're weak &
Greedy**

**They're all lying
to you...
stick with me,
I can make you
happy**

**You're
fat**

Try not to say...

**This is the problem
and I have the
solution.**

**Avoid conversations
about your own weight,
dietary habits**

**You just need to
eat...everything
will then be fine.**

**IT'S OKAY TO MAKE A
MISTAKE!**

**You're not ill
enough for
treatment.**

**Try some exercise
to help improve
your mood**

**They trigger discussion
and role models the fact
that you can survive
making a mistake.**

**This is what WE have
decided is going to
happen...**

**You are looking
well...**

What to say.....

**Shall we go
somewhere more
private to talk?**

**I am here and
available for when you
are ready to talk.**

**How are you
feeling?**

**FIND / CREATE THE
OPPORTUNITY!**
**Be sensitive,
respectful, listen. Be
curious, ask open
questions, try to
understand. Seek
supports. Refer on**

**How can I best
support you right
now?**

**I may not fully
understand but you
can help me try.**

**I am here to listen
and support you.**

**Recover IS
possible**

**Together we can
think about the
supports you
need**

It's Not (Just) What You Say; It's the Way That You Say It

- Posture
- Voice
- Tone and volume
- Gesture
- Eye contact
- Personal space



CONVERSATIONS FOR CHANGE



O A R S

Open-ended
questions

Affirmations

Reflect

Summarise



CONVERSATIONS FOR EMOTIONS

A

Attend

L

Label

V

Validate

S

Soothe



Giving Advice

Giving direct Giving direct advice increases resistance.

Implies we don't believe they have the power to find their own answer.

Less likely to act on advice than their own decision.

Ask Permission – e.g. 'May I make a suggestion?'/ 'Would you mind if I tell you one concern I have about that plan?'

Offer Choices – When informing, offer a series of choices simultaneously. 'Pick a card, any card.'

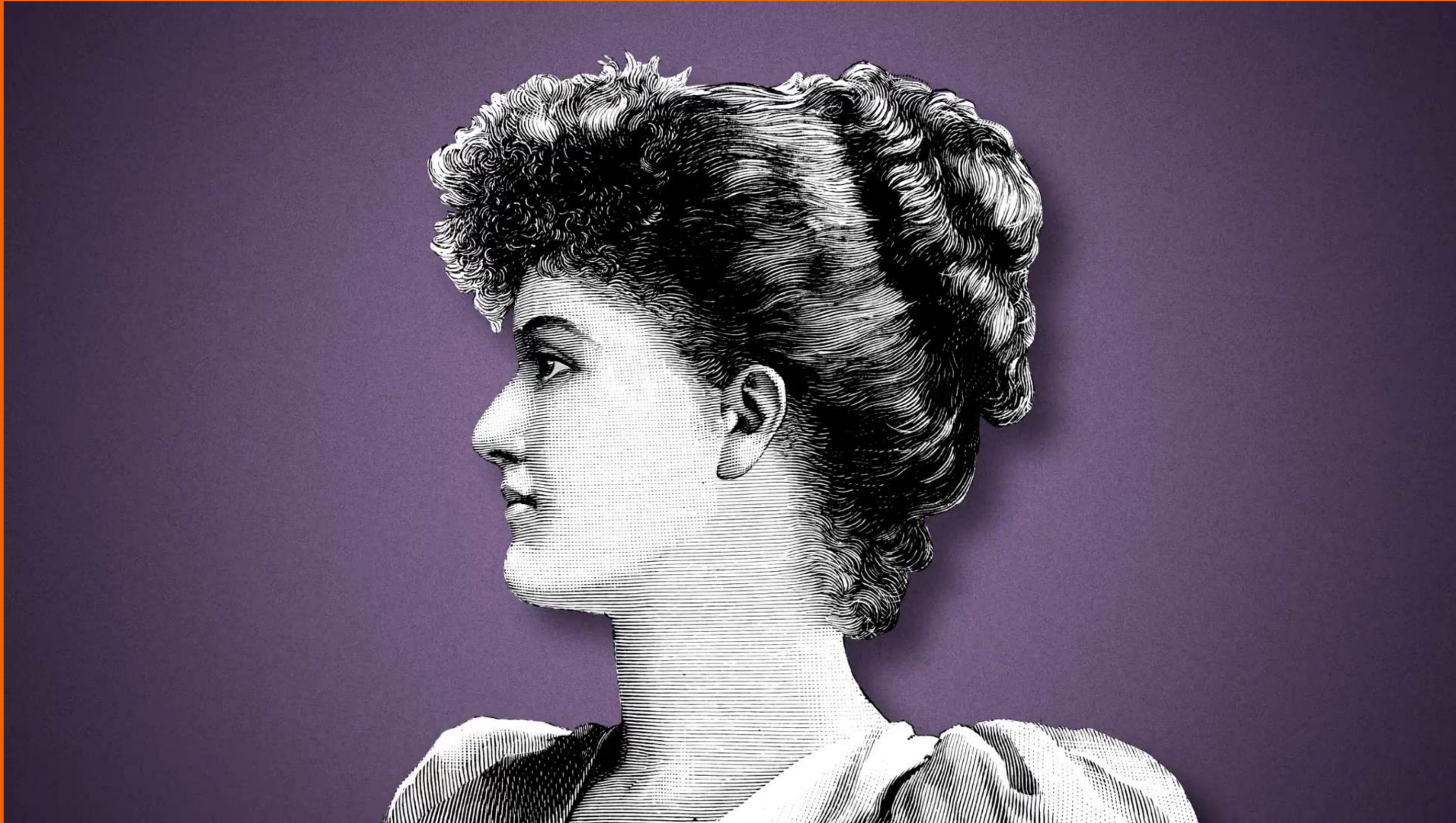
What other's do – Talk about what you have heard someone else has done in a similar situation.

Consult higher authority – e.g. 'The hospital has told me that it is not helpful if I give you mindless reassurance.'

Remember

**the person is the
person not the
problem**

Empathy vs Sympathy



<https://www.youtube.com/watch?v=1Evwgu369Jw>