



Disordered Eating and Attachment

PROGRAMME (Subject to change)

Wednesday 6th March 2024

09.30am	Welcome and technical tips from Jeremy
09.35am	Meet your Buddy Group members
09.40am	Session 1 : Changing Shape
10.55am	Carol's Story
10.10am	Buddy Group Discussion 1
10.25am	Break (5 mins)
10.30am	Session 2 : Attachment Issues
	Session 3 : Binge Eating Disorder and Bulimia Nervosa
10.50am	Cara's Story
11.00am	Buddy Group Discussion 2
11.15am	Break (5 mins)
11.20am	Questions and Comments
11.30am	Session 4 : Anorexia Nervosa
11.45am	Louis Theroux Interviews
11.55pm	Buddy Group Discussion 3
12.10am	Break (5 mins)
12.15pm	Session 5 : Working with Disordered Eating
	Session 6 : The Food Questionnaire
12.35pm	Questions and Comments
12.45pm	Buddy Groups – Say Goodbye
12.50pm	Information and Updates
13.00pm	Finish