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# Understanding Eating Disorders

## Contact Us

Middlesbrough CLC  
Acklam Grange School  
Middlesbrough  
TS5 8PB  
01642 811400

<https://www.theskillsnetwork.com/learners/courses/eating-disorder-courses>

## Online Distance Learning Course



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Employers, particularly in the health and social care sector, are often interested in candidates with knowledge of eating disorders.

The easiest way to gain this knowledge is through completing eating disorder courses.

This course aims to give you the knowledge required to understand the impact of and key issues surrounding eating disorders, as well as an awareness of the harmful effects eating disorders can have on individuals and those closest to them.

The course is ideal for anyone who would like more information on this subject for personal reasons, or anyone who would like to work with, and support, individuals with eating disorders.

KEY INFORMATION 	
Full Cost Price 	<b>FREE</b>
Course Length 	4 hours
Learning Method(s)	Online learning materials with online assessment

This course is set up into manageable sections. These include:

### **Section 1: Types of eating disorders**

This section will develop your understanding of several eating disorders.

### **Section 2: Potential causes of eating disorders**

This section covers the common causes of eating disorders including psychological, environmental, societal and biological factors.

### **Section 3: The effects of eating disorders**

This section outlines the harmful effects of an eating disorder on the individual, their family and close friends.

### **Section 4: Management and recovery from eating disorders**

This section covers methods through which individuals with an existing eating disorder can manage and recover including medical interventions, public health resources and further treatment options.

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