

EATING DISORDERS

Do you want to explore your relationship with food? If you think you are controlling your food intake, or feel you lose control around food, it can be helpful to explore what is happening with a trained professional. Sometimes underlying struggles with self esteem or body image can impact our habits and behaviours around food. If you suspect this is happening then confidentially discussing the issue in a non judgemental environment can help. It may be that you feel conflicted about asking for help. That's understandable.

Typically at a first session we would use either self assessment or possibly diagnostics questionnaires to understand what is happening for you. This could mean for example if you have been previously diagnosed with an eating disorder which has been stabilised, you wish to maintain your progress. Equally, if you feel very negative about food and body image and fear your relationship with food has changed for the worse, we can gauge how you are coping and provide the very best support for you.

I am able to work with clients who wish to explore any changes to eating habits. Additionally, I have experience of working with ARFID, binge eating, disordered eating, diagnosed anorexia or bulimia clients wishing to maintain existing progress. I also have experience of working with neurodiversity in relation to eating. As a BACP Accredited Counsellor I would seek to work within the boundaries of my professional competence to protect your health and wellbeing. This means after assessment, we may agree to work together to agreed goals. Or indeed it may be that we discuss other agencies and charities that can support your needs, or consider if your care would be best referred back to your GP. This is because eating disorders are a serious mental health concern and your care is paramount.