



Iron Mill College

Education & Training in Mental Health & Wellbeing

Established 1981

'Food for Thought... Eating Disorders: A weight on my mind'

Iron Mill Conference
- Exeter, Spring 2018
Saturday 3rd March



Speakers: Professor Julia Buckroyd (University of Hertfordshire),
Vicky Burnard (Livewell Southwest) and **Emily Rothwell** (BEAT)

- **A timely and beneficial 1 day conference:** Examining the complexities surrounding eating disorders and associated illnesses, and covering key topical issues of interest and debate within this important field. **Held at Iron Mill College, 7 Barnfield Crescent, Exeter, Devon, EX1 1QT.**
- **Thought-provoking lectures and workshops:** With eating disorders specialists **Professor Julia Buckroyd** (author, broadcaster and therapist), **Vicky Burnard** (Consultant Clinical Psychologist) and representatives and ambassadors of the **UK's leading eating disorder charity, BEAT.**
- **Networking opportunities:** Of particular use to counsellors, psychotherapists, counselling or clinical psychologists, mental health or wellbeing professionals, nurses, doctors and other health professionals, teachers and others in education. Includes lunch and refreshments provided.

Early Bird deadline extended! Book before 1st February 2018 for lowest fees*

* Concessionary rates also available for Iron Mill College students / graduates, approved supervisors and placement provider managers.

To find out more or to book your place:
01392 219200 / enquiries@ironmill.co.uk

www.ironmill.co.uk

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Iron Mill Conference Programme - Saturday 3rd March 2018

Time	Item
9.15am - 9.45am:	Arrival and Registration
9.45am - 10.00am:	Welcome and Opening Address - Dr Julie Waumsley, Iron Mill College Course Lead and Lecturer, Post Qualifying Diploma in Eating Disorders
10.00am - 11.15am:	Keynote Speaker – Professor Julia Buckroyd (University of Hertfordshire): 'Attachment and Eating Disorders'
11.15am - 11.45am:	Break
11.45am - 1.00pm:	Keynote Speaker - Vicky Burnard (Livewell Southwest): 'MANTRA', the new treatment programme devised by The Maudsley Hospital to treat anorexia nervosa'
1.00pm - 2.00pm:	Lunch (Provided)
2.00pm - 3.45pm:	Keynote Lecture and Plenary Session – Emily Rothwell and Charity Ambassadors (BEAT): 'Accessing Treatment, and the impact of waiting times on carers and sufferers'
3.45pm - 4.00pm:	Break
4.00pm - 5.00pm:	Choice of Workshop / Seminar (booked in advance):
	Professor Julia Buckroyd (University of Hertfordshire): 'Applying attachment styles to eating disorders'
	Emily Rothwell and Charity Ambassadors (BEAT): 'Personal Experiences – the road to recovery'
	Marilyn McGowan (Iron Mill College): 'Food and Metaphor – a creative exploration of the inner child'
	Jane Stavert (Iron Mill College): 'Crafts as meditation to quieten the eating disordered mind'
5.00pm - 5.15pm:	Closing Address - Dr Julie Waumsley

- **To learn more:** See our conference web page (www.ironmill.co.uk/conference-exeter-spring-2018) for details on lectures, workshops / seminars, guest speakers / workshop leads, fees and much more.
- **To book:** Pay online (www.ironmill.co.uk/conference-exeter-spring-2018), by card over the phone (01392 219200), by electronic bank transfer or by cheque (get in touch for details).

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