

NARRATIVE WORKSHOP: Using the diary as a self-help power tool



June Alexander is a highly recognised and regarded author in the field of eating disorders, having written nine books since her own recovery (or as she describes it her “reconnection to her true self”) in 2006. Her contribution to the field was recognised at the 2016 Academy for Eating Disorders International Conference in San Francisco where she was awarded the Meehan/Hartley Award for Public Service and Advocacy. She is currently the co-chair of the National Eating Disorders Collaboration (NEDC) Steering Committee Evidence of Experience Group, member of the Academy for Eating Disorders (AED) Carer and Consumer Committee, a foundation steering committee member of the inaugural World Eating Disorders Action Day in June 2016, and an Advisory Panel member for F.E.A.S.T. June draws on personal examples to illustrate the therapeutic benefits of maintaining a diary.

Workshop for Patients *(suitable for ages 16 and over)*

Participants practice techniques that:

- Encourage connection between mind and body
- Promote self-care and self-love
- Aid recognition of eating disorder thoughts and true-self thoughts
- Help identify and confront secrets, which can be debilitating when suppressed over time
- Guide you in deciding when the time is right to share your story

The focus is on using the diary as a personal power tool for freedom. Different types of diary-writing are explored, including the expansion of private journal writing into a public arena through use of blogs and social media. We discuss story-sharing and how to achieve this in a safe and secure way.

To make the most of your workshop experience, all you need is a:

- Notebook and pen; or
- Smartphone, iPad or laptop

Date: Monday 9th October 2017

Time: 9.30am-12.30pm

Venue: The Platform, Level 3, 256 Adelaide Tce

To register for this event, please go to <https://www.trybooking.com/RRLF>

Cost: \$ 25.00

Bookings essential. Numbers strictly limited.

This event is hosted in collaboration by:

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Workshop for Caregivers

This interactive workshop explores how caregivers can use their diary to help maintain wellness and wellbeing while fulfilling the vital role of caring for a loved one. This session includes tasks that assist in:

- Development of writing skills
- Using the diary as a debrief and recording tool
- Empathy in coping with and mastering challenges in supporting a loved one to achieve readiness for recovery, the recovery process, and recovery maintenance
- Confronting and managing the illness effects while loving and respecting the patient
- Guidance in reflection to help develop and gain fresh perspectives

To make the most of your workshop experience, all you need is a:

- Notebook and pen; or
- Smartphone, iPad or laptop

Date: Monday 9th October 2017

Time: 1.30pm-4.30pm

Venue: The Platform, Level 3, 256 Adelaide Tce

To register for this event, please go to <https://www.trybooking.com/RRLG>

Cost: \$35.00

Bookings essential. Numbers strictly limited.

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Workshops for Health Practitioners

Eating disorders treatment can be enhanced when the patient and treatment team are versed in diary-writing techniques and become collaborative in the use of the narrative. The interactive workshop explores:

- How the diary, when used in a therapeutic relationship built on trust, can facilitate recovery by being a voice for the patient and a data-gathering tool for the therapist
- The role of the diary as both friend and foe during the recovery process
- How different forms of writing may be incorporated into the therapist-patient relationship process to promote ongoing healing
- Tasks designed to provide narrative skills and techniques
- Excerpts from Using Writing as a Therapy for Eating Disorders – The Diary Healer, seed discussion on how to effectively integrate the diary into treatment and recovery.

To make the most of your workshop experience, all you need is a:

- Notebook and pen; or
- Smartphone, iPad or laptop

Date: Tuesday 10th October 2017

Time: 9.30am-3.30pm

Venue: The Platform, Level 3, 256 Adelaide Tce

To register for this event, please go to <https://www.trybooking.com/RRLQ>

Cost: \$85.00

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