

Shannon Cutts. *Author. Speaker. Singer-Songwriter.*

Eating Disorders Staff Training Outline:

*The following outline covers the topics Shannon addresses in staff training sessions. We are also happy to customize a training program to your staff's interests and needs. **NOTE:** If you have a medical or nursing program on your campus, Shannon also has a similar program tailored just for these students.*

The Latest Eating Disorders Research:

Key differences in the brains of individuals affected by eating disorders have now been identified. This new information gives insight into differences in the brain function of individuals suffering with anorexia, bulimia, and binge eating disorder, and provides valuable information about why treating individuals with eating disorders has seen such a low success rate to-date.

Statistics about Eating Disorders:

With the rise of disordered eating behaviors and body image issues in our culture today, how is it possible to discern who is truly affected with an eating disorder? Learn the latest statistics about how many people are affected and where the "line in the sand" is between "disordered eating" and an "eating disorder".

The Four Types of Eating Disorders:

What do individuals with anorexia, bulimia, EDNOS and binge eating disorder have in common? Where do they differ? Do they overlap and if so, how frequently?

Triggers and Warning Signs:

We know much more today than we ever have before about what can trigger an eating disorder and how to spot the warnings signs of a developing eating disorder across the spectrum of diagnoses. Learn the most common triggers and warning signs and the importance of early identification.

How to Talk to Someone Who May be Struggling:

Regardless of how close someone may be to an individual who appears to be struggling with an eating disorder, the disease itself lends itself to secrecy, isolation, and denial that there is a problem. Learn valuable skills for reaching out to talk with a struggling person about your concerns and taking the next steps to encourage them to seek help.

Useful Eating Disorders Resources:

Learn about the best resources for locating treatment and peer support for someone who is struggling with an eating disorder.

Please contact On Demand Programs and Events with questions:

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