

About Us



THE EATING DISORDER RESOURCE CENTRE OF IRELAND

The Eating Disorder Resource Centre of Ireland is an Irish based Organisation, dedicated to the Prevention and Treatment of Eating Disorders in Ireland. We are passionately committed to enhancing the delivery of affordable resources (therapy, education, training, information, advice, support) and care to individuals experiencing eating disorders, parents, siblings, carers, partners, and all those adversely affected by eating disorders.

Our Training Academy offers a Diploma Course in Practitioner Skills for Eating Disorders, and Advanced Diploma Course in Practitioner Skills for Obesity Management and Weight Related Issues, to any Health Care Professionals who wish to work with individuals with all forms of food, body and weight issues. We are accredited to the National Centre for Eating Disorders London, UK.

Our Network is comprised of a specialist team of practitioners who are located throughout Ireland and all members adhere to the Eating Disorder Resource Centre of Ireland's Code of Ethics. All members must be in supervision, must have appropriate insurance, must be committed to upskilling, and must attend network day meetings throughout the year.

Suzanne Horgan is the Director & Founder of the Eating Disorder Resource Centre of Ireland. She is a Certified Trainer in Practitioner Skills for Eating Disorders and Obesity, and draws on 25 years of personal and professional experience with eating disorders and weight related issues. She has extensively trained in the UK and Ireland and has appeared on numerous television and radio talk shows. She carries out lectures, workshops, presentations, and trainings to schools, colleges, counselling institutions, conferences, and is currently featuring in two documentaries about eating disorders being made by TV3 and RTE.

Suzanne is a member of the Academy for Eating Disorders USA, and the International Association for Eating Disorder Professionals (IAEDP) Foundation USA.



OUR PHILOSOPHY

Our Team believes that Full Recovery is possible, and We aim to create a safe, supportive, and nurturing environment in order to facilitate the journey towards recovery. As eating disorders are psychological, behavioural, biochemical, emotional, spiritual and addictive in nature. We believe several therapeutic interventions need to be used concurrently. We believe it is necessary to empower each individual with tools, information, skills and support so they can develop a healthy relationship with food, body, and weight.

Our Treatment Philosophy involves...

- Motivating the individual to accept they have a problem and then motivating them to want to do something about it!
- Changing destructive behaviours by helping the individual to develop life skills to deal with emotional issues (assertiveness skills, planning, problem solving skills, anxiety reduction, stimulus control, relaxation, and social skills)
- Helping the individual to discover why the behaviour developed in the first place, what purpose it is serving (adaptive function) and what the behaviour means to them.
- Helping the individual to get the purpose served without resorting to the destructive behaviours.
- Helping the individual to address the 'Real Issues'
- Helping the individual develop 'Emotional Literacy' which involves identifying, acknowledging, accepting and expressing their feelings in a way that honours themselves and others.
- Helping the individual to manage feelings they find difficult and separating the destructive behaviour from them.
- Helping the individual to become aware of their 'healthy' self and 'unhealthy' or disordered self in order to set up a dialogue to deal with 'the voice'.
- Helping the individual to realise that we don't target the disordered behaviour, instead we help develop alternative ways of dealing with the factors perpetuating the behaviour.

We are committed to helping individuals on their journey towards recovery!

The Eating Disorder Resource Centre of Ireland
24 Glendoher Close, Ballyboden, Rathfarnham,
Dublin 16, Ireland.

Phone 01 4953577 087 2056560 info@eatingdisorders.ie

About Us



THE SOULFULL CENTRE

- They say when you hear and live by the whisperings of your soul, it feels like coming home.
- That you feel alive and passionate and you live a life on purpose and of your own making.
- They say when you don't listen or ignore the souls calling, you tire, you wander life directionless or pulled by the forces outside you. You become soul sick, and lost from your authentic self.
- An eating disorder is a complex and serious illness that impacts us physically, cognitively, emotionally and spiritually.
- An eating disorder is a soul sickness.
- It is a sign that we are not living our lives directed by our true selves.
- We cannot or will not listen to our inner truths.
- Our aim is to provide you with a compassionate and safe environment facilitated by qualified staff specialised in the treatment of eating disorders, that will help you find your way back home, by helping you to free yourself from the self defeating behaviours associated with disordered eating.



OUR SERVICES INCLUDE

- An Intensive outpatient programme to start Autumn 2010 (This programme is evidence based and has been bought from and mentored by Dr Anita Johnston founder and director of The Anorexia and Bulimia Centre in Hawaii, and author of Eating in the light of the moon www.aipono.com)
- Individual Therapy – Provided by professionals who have specialist qualifications in the area of eating disorders, and in some cases their own personal experience of recovery from an eating disorder. This provides both hope for clients and a model for recovery. All centre staff are in receipt of supervision.
- We provide support groups for individuals in recovery. We also provide a separate support group for family members or anybody who is impacted upon by a dear one's eating disorder.
- We are available to run workshops for schools or other groups who need support or guidance in this complex and often difficult to understand area.
- We believe that prevention is of primary importance in the management of the pandemic occurrence of body dissatisfaction and body hatred which leads inevitably to dieting behaviour. The trigger of most eating disorders (while not necessarily the cause) is dieting, or weight loss.
- Part of the commitment and work of the soulfull centre is in social activism that challenges "The Thin Ideal" and the definition of a human being as a number on a scales or on a piece of clothing. We support "Beauty is in our diversity" and we define ourselves by how we live in accordance with our authentic selves and passions, and not by what a magazine tells us we are.

We also provide a website which includes

Information, Self Help, personal experiences, daily affirmations and tools to support your recovery.

We believe full recovery is possible

We believe that every individual has the capacity to live a fully empowered and creative life of purpose.

We believe that the route to sustainable and long term recovery is self acceptance, compassion for ourselves, self care and a deep understanding of our needs and our right to have or ask for our need to be met.

We work from the belief that within every individual exists a core "healthy self". We support the client in the excavation and strengthening of this healthy self and therefore the capacity to overcome the "unhealthy eating disorder self". It is the healthy self that will eventually bring you to recovery.

THE SOULFULL CENTRE

3 Upper Rowe Street, Wexford Town, Co Wexford, Ireland.
Tel: 053 91 55424/55425 Fax: 053 91 55428

Conference Overview

Conference Day Outlined :

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|---|-------------------|
| Registration | 8.00am - 9.15am |
| Opening Speech (Suzanne Horgan & Diann Fletcher Jones) | 9.15am - 9.30am |
| Speaker No. 1 Dr. Susie Orbach | 9.30am - 11.00am |
| Networking Break (20 mins) | 11.00am - 11.20am |
| Speaker No 2 Gerard Butcher | 11.30am - 1.00pm |
| Networking Lunch | 1.00pm - 2.00pm |
| Speaker No 3 Professor Bryan Lask | 2.00pm - 3.30pm |
| Networking Break (15 mins) | 3.30pm - 3.45pm |
| Speaker No 4 Suzanne Ricklin | 3.45pm - 5.00pm |
| Questions & Answers Session All Speakers | 5.00pm - 5.30pm |
| Closing Speech | 5.30pm. |

PLEASE BOOK EARLY TO AVOID DISAPPOINTMENT

Cost per person for attendance to this conference is €175

This fee includes...

- Pad and Pen
- 2 Tea/Coffee/Biscuit Breaks am and pm
- 3 Course Lunch
- Water.

ACCOMMODATION IS ALSO AVAILABLE AT THE CONFERENCE CENTRE, PURCELL HOUSE, ALL HALLOWS.

The cost is €50 per night for a single room and there is also an evening meal available for €11.

If you wish to avail of accommodation please contact All Hallows directly on +353 1 8520754 contact Alicia or email Alicia@allhallows.ie.

Bus Routes from Dublin City are the numbers 3, 16, 16a, 11, and 41.

Bus Routes from Dublin Airport are the numbers 16, 16a and 41.

Please check out all hallows website for further directions
www.allhallows.ie.

THE EATING DISORDER RESOURCE CENTRE OF IRELAND



Conference Programme 2010

THE EATING DISORDER RESOURCE CENTRE
OF IRELAND AND THE SOULFULL CENTRE

WISH TO INVITE YOU TO IRELANDS

3rd International Conference on Eating Disorders.

Venue:

All Hallows College, Woodlock Hall,
Grace Park Road,
Drumcondra, Dublin 9, Ireland.
Phone +353 1 8520754
Website www.allhallows.ie.

Day & Date:

Friday 15th October 2010

Time:

Registration 8.00am
Conference Commences 9.15am - 5.30pm

Theme:

Eating Disorders A Broader Perspective

Welcome to Ireland's 3rd International Conference on Eating Disorders!

CONFERENCE OBJECTIVES

Having successfully organised Ireland's 2nd International conference in 2008, The Eating Disorder resource Centre of Ireland and the Soulfull Centre invite you to participate in the 2010 International Conference on Eating Disorders, which promises yet again, to be another ground breaking event in the field of eating disorders in Ireland.

Eating Disorder Treatment involves a plethora of approaches in order for recovery to take place, however clinicians have long since realised that sometimes it's not a case of what you do, but how you do it! Therefore ... Our theme this year is **Eating Disorders : A Broader Perspective** and our aim is to present creative solutions based on some of the most up-to-date research and treatment approaches.

The Conference is a primary gathering place for professionals engaged in research and the prevention and treatment of eating disorders worldwide. We intend to create a unique, inspiring, and empowering environment that supports and facilitates education, networking, and ongoing commitment to training and dialogue. We look forward to meeting you there!

Suzanne Horgan
EATING DISORDER RESOURCE CENTRE

Diann Fletcher Jones
SOULFULL CENTRE

WHO SHOULD ATTEND ?

- All health care professionals who encounter eating disorders as a primary or secondary illness ie... psychiatrists, psychologists, doctors, nurses, psychiatric nurses, psychotherapists, school guidance counsellors, occupational therapists, addiction counsellors, and social workers.
- Individuals who are researching eating disorders or who have a keen interest in gaining more knowledge and fresh perspectives in this field.
- Individuals who are affected by eating disorders and who wish to gain a better understanding of how to deal with more effectively.

CONFERENCE SPEAKERS:
Dr. Susie Orbach, Psychotherapist and Writer (UK)
Gerard Butcher (IRISH)
Professor Bryan Lask (UK)
Suzanne Ricklin, LCSW-C, BCD, CEDS (USA).

Dr. Susie Orbach KEYNOTE SPEAKER

PROFILE:

Dr. Susie Orbach, the psychotherapist and writer, co-founded *The Women's Therapy Centre* in 1976. Her work on eating problems spans many professional journals and books including *Fat is a Feminist Issue* 1978, *Fat is a Feminist Issue II* 1982, *Hunger Strike* 1986, and *On Eating* 2002. Her latest book *Bodies*, was published in January 2009 to wide critical acclaim. Her work on our relationship to food and our bodies has involved the following:

- Keynote Speaker at the Government's Body Image Summit in London in 2000
- Keynote Speaker Vienna Body Image Conferences in 2000, 2003, 2006, and 2008
- Consultant to World Bank and the NHS
- Co-Originator of the Dove Campaign for Real Beauty 2002 to present
- Creator of original material for 'Talk to Her' - advice for mothers on how to talk to their daughters about body image and self esteem
- Facilitator/Advisor on the development of numerous self help groups
- Public Speaking Worldwide (Sydney, Sao Paulo, Bogota, New York, Rome, Hong Kong) Topics Covered:
 - *The Psychology of Women and Eating*
 - *The meanings of 'Fat' and 'Thin'*
 - *Body Image and Globalization*
 - *The Psychology of Dieting*
 - *How to raise children with healthy appetites.*

Susie is also well known for her work with emotional literacy, the construction of femininity and gender, men and women's emotional needs and women's psychology.

Dr. Susie Orbach is also a visiting professor at the London School of Economics for 10 years, a founder member of both ANTIDOTE, working with emotional literacy, and Psychotherapists and Counsellors for Social Responsibility. She is chair of the Relational School in the UK and conveyor of ANYBODY (www.any-body.co.uk), who campaign for body diversity. She has a clinical practice seeing individuals and couples.

PRESENTATION: 'DARING TO HAVE A BODY'

Dr. Susie Orbach will explore the interface between the personal and public worlds in which girl's bodies develop from infancy to womanhood. She will discuss efforts to challenge the growing commercialisation of the body and it's impact on the mother child relationship. Susie will also talk about her involvement with ANYBODY and their planned international summit Endangered Species, which aims to challenge the pernicious culture that teaches women and girls to hate their own bodies !.



Gerard Butcher

PROFILE:

Gerard, having worked for a number of years at St. Patrick's and St. John of God Hospitals helping to develop therapy programmes for severely ill eating disordered patients/clients, now runs a private practice in Dublin City. He has extensive clinical experience built up over many years with both men and women who suffer with a wide range of eating-related difficulties. He is currently on the steering committee of the *European Council on Eating Disorders* and is also the Newsletter Editor and Website Manager for this organisation.

PRESENTATION : 'MANAGING YOUR INNER BITCHY SUPERMODEL !'

Many women with or without an eating disorder find that large amounts of their time are spent in varying degrees of inner conflict with regard to their personal evaluations of themselves through their shape, weight and/or size. Gerard's presentation will focus on how this inner bitchy supermodel can be managed more effectively looking at the recent and surprising research evidence showing how women without apparent body shape/weight concerns evaluate themselves and other women in contrast with those who are more likely to experience an eating disorder. Potentially effective strategies will be discussed along with the implications this research has for the creative treatment of eating disorders.



Professor Bryan Lask KEYNOTE SPEAKER

PROFILE:

Bryan Lask is Emeritus Professor of Child & Adolescent Psychiatry at the University of London, Research Director , Ellern Mede Centre, London, and Visiting Professor at the University of Oslo. He is also president-Elect of the Eating Disorders Research Society. He has previously been consultant Child Psychiatrist at Great Ormond Street Hospital for children, London, and Visiting Professor at the University of British Columbia, Vancouver, Canada. His research areas have included many aspects of child psychiatry and particularly the psychological aspects of childhood illness. More recently his clinical work and research has focused on early onset eating disorders. He has published over 150 papers as well as numerous chapters edited by others and has written 9 books. He has also been the Editor of the Journal of Family Therapy and of Clinical Children's Psychology and Psychiatry.



PRESENTATION : ' A NEUROSCIENCE MODEL FOR ANOREXIA NERVOSA AND ITS CLINICAL APPLICATION'

Anorexia Nervosa is a severe and life threatening condition, manifested by an excessive preoccupation with weight and shape, distorted body image and determined and persistent weight loss. The causation is complex and includes psychological, social and neuro-biological factors. Neuroimaging and neuropsychology studies from our research group, and from those of others, have indicated an abnormality in brain function that appears to predate the onset of the illness. We believe this reflects an underlying neurobiological substrate that forms the basis of the development and maintenance of the illness. Using this empirical evidence, we have developed a neurobiological hypothesis to explain the common features of anorexia nervosa. Professor Lask's presentation aims to give an accessible overview of the research leading to this hypothesis, so that colleagues not otherwise immersed in the neurosciences can participate in the debate. It describes the journey towards a testable model of this hypothesis, and shares how emerging neuroscience knowledge is revolutionising our understanding and treatment of young people with anorexia nervosa.

Suzanne Ricklin

PROFILE:

Suzanne Ricklin is the co-founder of Century Mental Health, Inc. in Columbia, Maryland, USA. For over 25 years Suzanne has provided counselling and psychotherapy for children ages 9-12 , adolescents, adults, couples, and families dealing with a wide range of personal, emotional, life transition, and mental health issues. A psychotherapist, educator and Certified Eating Disordered Specialist, Suzanne is also the author of *IN Vision Concept Cards*, an interactive, visual learning tool she created and developed to help address the needs and skill base deficits of her clients. A Board Certified Diplomate, A member of the Academy of Certified Social Workers, a Maryland Board Approved Supervisor; she earned her Bachelor's Degree in Elementary and Early Childhood Education from the University of Maryland and her MSW from the University of Maryland School of Social Work. Over the years Suzanne has served on various community and professional committees and Boards of Directors. She has been a guest speaker and has conducted workshops for clinicians, health care professionals, community organisations, businesses and schools throughout the United States. In March of 2010 she co-chaired IAEDP'S (www.iaedp.com) first ever international forum on Eating Disorders at their 25th Anniversary Symposium in Orlando, Florida, USA.



PRESENTATION: 'INTEGRATING FLASHCARDS INTO YOUR THERAPY WORK WITH CLIENTS EXPERIENCING EATING DISORDERS'

Psychotherapist, Educator, and Eating Disorder Specialist, Suzanne will discuss how flashcards can be used as an innovative and creative therapy technique to maximise learning and help eating disorder clients explore, understand and remember important life skills, address complex issues, emotions, themes and concepts. Suzanne will introduce her In Vision Concept Cards which she created and developed for use with her own clients over 25 years in private practice. She will explain how the cards originated and how they can be used as an adjunct therapy tool in a variety of treatment settings. Suzanne will address the role that colour and visual cues can play in helping clients learn, understand, and recall concepts. She will review how the cards are organised, and the guidelines and suggestions for professionals on the back of each flashcard. The presentation will conclude with an experiential exercise that allows every participant to experiment with putting the cards into practice, followed by a questions and answer session as well as an interactive discussion including what Suzanne has learned and observed when using the cards with her eating disorder clients. All attendees will be given a sample card to keep and use with their own clients. Suzanne will also have a number of sets available to those who wish to acquire these creative flashcards. According to renowned psychiatrist William Glasser, we learn 10% of what we read 20% of what we hear 30% of what we see 50% of what we see and hear 70% of what we discuss 80% of what we experience and 95% of what we teach others !