

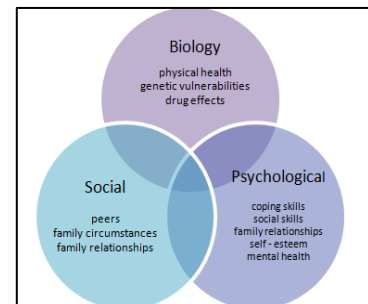
Invitation for Carers of Individuals with Anorexia Nervosa to Participate in New Innovative Skills-Based Programme

Are you a carer or family member of an adult (17+) with Anorexia Nervosa?

Would you like to take part in valuable research?

If so, this skills-based carer's programme may be relevant to you.

CAREFREE is a new 12 session Carer's Skills Programme based on the biopsychosocial model, taking into account the complex array of biological, psychological and social/environmental factors associated with the development and maintenance of Anorexia Nervosa.



Carers will have the opportunity to learn and understand about the factors that drive Anorexia Nervosa and to discuss and problem-solve common problem areas that can arise in the context of the family environment. Topics covered in the programme include:

- *“Reading between the Lines” in understanding Anorexic Coping behaviours.*
- *Managing feelings of powerlessness without falling into common traps.*
- *Boundary-setting with Anorexic coping behaviours.*
- *Dealing with the urge to collude with Anorexic Coping behaviours, including reassurance-seeking, rescuing, and fixing.*
- *Capitalising on your power to inspire change as a role-model.*
- *Matching your caring styles (love-language) to the temperament of your family member.*
- *Handing over responsibility for change to your family member.*
- *Skills for investing in yourself over the course of the recovery “marathon.”*
- *Recognising our common humanity and vulnerability.*
- *Strengthening emotional agility within the family.*

Participants will also be asked to fill out questionnaires as part of a research project to allow us to evaluate the quality of the programme, and to ascertain if there are potential benefits.

If you are interested in joining the programme or for more information please contact The Research Team: Email - fv.ancarersstudy@nhs.scot (covered Tuesday to Thursday) or telephone Lesley or Stephanie on 01324 566316