

What does the two-day training cost?

Residential:	£250 pp
(Additional team members:	£225 pp)
Non-residential :	£150 pp
(Additional team members:	£125 pp)
Tastelife manual:	£160
(Charities:	£130)

For more details and to apply please contact admin@tastelifeuk.org

The tastelife course is accredited by the University of Brighton. It is based on Christian principles and, while not actively promoting the Christian faith, includes a church supplement for use in a Christian context. It is therefore adaptable for, and sensitive to, those of all faiths or none.



Who does the training?

Di Archer MA and Jean Hart BA,
Directors of tastelifeuk

Tastelife was started by theologian and writer, Diana Archer, and Jean Hart, an experienced eating disorder counsellor. Both of them have daughters who suffered from eating disorders. Finding very little to help them survive the struggle when they were going through it, they determined to produce resources to fill the gap in support and treatment.

Following research, and guided by Dr Ros Simpson, a GP and medical teacher, the tastelife course was published in July 2013 after extensive piloting



Contact details
admin@tastelifeuk.org

www.tastelifeuk.org

Re charity no 1158516



Training to run a tastelife course

tastelife

People who have attended the training say:

I cannot stress enough how impressed I am with the professionalism of your course, and its clear and 'slick' presentation. I wanted to say a special thank you for hosting such a lovely training course. (Counsellor)

Thank you so much for all you did to make last week work so well. The training was really good and so helpful for a novice like me. Your project is so inspiring. Well done team tastelife! A huge success! (Vicar)

A lot of information packed efficiently into the time. (Youth worker)

The tastelife materials are outstanding. They are probably the best training materials I've ever seen. They are very clear about what materials you need and how to run them. They are also motivating and very personal in feel.

(Mark Kitson, consultant, The Cinnamon Network)

Who is the training for?

Those who wish to run a tastelife course.

This training will equip you to run the tastelife course in your area. The training is suitable for those with related qualifications or involvement in health, education, social care or Christian ministry. Personal experience of eating disorders is also relevant, as is the context in which you want to run the course. Please contact us to discuss this further.

Why run a tastelife course?

Eating disorders are on the increase. The tastelife course offers tools to people struggling with eating disorders, aimed at enabling them to break free. The eight-session course is nonthreatening, educational and encourages a self-help approach that really works. It is an experience that offers a way forward for both those with eating issues, and those who care for them. It covers all types of eating disorders, and encourages participants to look at possible underlying contributing factors. The tastelife course aims to equip people with real understanding and coping strategies:

We are four weeks in, half way through our first course. It is going so well! Weeks 1-3 were incredible, especially week 3 when people knew each other and started sharing, and the material helped hugely. (New course leader)

Training topics:

- Eating disorders: the basics
- Associated mental health issues e.g. depression and OCD
- Aims and ethos of tastelife • Why do eating disorders develop?
- Topics and progression of course
- Real-life recovery stories • Can faith make a difference?
- Dynamics of teaching and building relationships with vulnerable people
- Role play of course sessions

