

SUPPORT FOR EATING DISORDERS

EATING DIFFICULTIES CAN AFFECT ANYONE AT ANY AGE OR BACKGROUND. IF YOU'RE READY TO MAKE A CHANGE, LET US HELP YOU GET THERE.

WWW.PERCHTHERAPY.CO.UK

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THERAPY & MEDIATION

WHAT WE SUPPORT YOU WITH:

Anorexia Nervosa

Restrictive eating and a fear of weight gain, often with a distorted view of the body and self.

Bulimia

A cycle of bingeing and compensation which can be driven by shame and a loss of control.

Binge Eating

Recurrent episodes of eating with distress, without compensatory behaviours.

AFRID

Avoidance or restriction of food from sensory sensitivity, fear or low interest, unrelated to body image.



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THE FOUR STAGES

OF THIS NON-LINEAR PROCESS.

Assessment:

Understanding your individual history, relationship with food and it's impact, and agree upon goals.

Engage:

Building on trust, understanding and motivation, with a safety plan and potential multidisciplinary working.



Change:

Restoring or introducing a more beneficial relationship with eating, working through thoughts, emotions and habits which have maintained the problem.

Sustain:

Build relapse-prevention skills and a life that is fulfilling beyond food.

WHAT WE FOCUS ON

Part 1



PHYSICAL HEALTH

Eating disorders directly affect physical health, so we encourage medical monitoring and work alongside your GP or psychiatrist and dietary professionals.



MENTAL HEALTH

Psychotherapy helps the mental aspect. An unhelpful relationship with food can be rooted in or result in an unhelpful relationship with self.



SAFETY

We review risk regularly. If you need more than therapy can offer, we will help you move to the right level of care.

WHAT WE FOCUS ON

Part 2



SUPPORT NETWORK

Nobody is an island. We also encourage having a non-professional support network and fulfilling relationships.



PSYCHOEDUCATION

Understand your cycles, health and how to build on strengths you already possess.



PLANNING

Build a strategy for when you movd beyond therapy.

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OUR STORY

Perch Therapy was founded with a vision to be a place of security, providing our community with therapeutic knowledge, strategies, and courage to build a fulfilling life and stronger relationships from a place of authenticity.

Our wellbeing services - which include both psychological and physical therapies - are a place of rest and recuperation, before you take flight once more, trusting in the strength of your own wings.

For more please visit: www.perchtherapy.co.uk

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PERCH

THERAPY &
MEDIATION

RECOVERY

IS POSSIBLE, AND TRAUMA-INFORMED SUPPORT HELPS.



Enquire here:
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WWW.PERCHTHERAPY.CO.UK