



## Pathways to recovery from bulimia

Beat Bulimia is a one day workshop offered by Awakening Dawn: Eating Disorder Counselling & Training services, designed to overcome the turbulence of eating disordered behaviour and provide you with the tools for ongoing recovery and healing.

Beat Bulimia: Path to recovery is a powerfully transforming experience that will guide you through an awakening inner journey of self-awareness. We tackle the problems of a life clouded by binge eating and purging behaviour, and you will benefit from the learning and support of others in the group. It will allow you to tap in to your own hidden strengths and resources to create a successful life, free of bulimia, with new ways of taking care of yourself.

What you will learn

- Effective strategies to gradually stop vomiting, taking laxatives or diuretics
- Deal effectively with past events that hold you back and move on successfully
- How to be assertive and communicate effectively to get to what you want
- New ways to handle stress & anxiety instead of turning to food
- Master some strategies to let go of guilt and shame from the past to create a more empowering future
- How best to deal with self-sabotage and toxic relationships
- Natural and creative strategies to solve problems
- To understand how your mind owns bulimia, creates and responds to the past and the future
- To choose how you feel, instead of being the victim of events and people around you
- How to motivate yourself when the going gets tough
- How to set and achieve realistic goals for weight, shape and size
- Successful techniques of Bulimia treatment from modern and innovative psychological treatments

## Who will benefit

Anyone who suffers from Bulimia or someone in recovery, who wants to live life in a state of self-harmony and personal fulfilment, may join this workshop.

## Discovery

Learn about experiences from the past that have affected your feelings habits and thoughts to identify patterns of behaviour that contribute to your relationship with food. These patterns could also be affecting your relationships with people in your family, at work and among your friends.

## Sharing

You will share in the safety of a group of people with common experiences and hopes for the future so that you may come to see things from a new perspective. There will be plenty of time to deal with individual needs as well as the full range of issues that mean so much to people who have had problems with food.

## Moving forward

We take care to ensure that you will leave with a consolidation of all the new skills and insights that will serve you for the future. When you are released from bulimic thoughts and behaviours you can find a new vision for your life. This workshop is intended to be the first step forward for a brand new you & life.

## Ongoing support

Is available to any person who completes the Beat Bulimia workshop through Vathani Navasothy – your Bulimia Expert and Facilitator.

The Beat Bulimia workshop is designed by Vathani who is a practising counsellor and Eating Disorder Expert with 15 years of experience running workshops and seminars and working with eating disorders. Vathani is the author of Conquer Bulimia Success Programme and broadcaster; running various Teleseminar series and Coaching Programmes.

## The programme

09:15am	<i>Registration and coffee</i>
09:30am	Introduction by Vathani
10:30am	Your Life so far - Demonstration
11:15am	<i>Coffee Break</i>
11:30am	Attitude Traps
12:15pm	Relationships
13:00pm	<i>Lunch</i>
13:45pm	Healthy Lifestyle
14:30pm	Building Confidence and Solving Problems
15:15pm	<i>Coffee Break</i>
15:30pm	Conquering Fears and Managing Relapses
16:15pm	Your Purpose, Passions & Goal Setting
17:00pm	Strategies
17:15pm	Q & A
17.30pm	<i>Workshop ends</i>

## Location

56 Windsor Road, Thornton Heath, Croydon, CR7 8HE

Nearest Train station: Thornton Heath (Zone 4). Trains from Victoria run approximately every 12minutes.

Bus routes: 250 (450)

For further information on the direction visit: [www.multimap.com](http://www.multimap.com) and enter the postcode CR7 8HE.



# BEAT BULIMIA -1 Day Workshop      Booking Form

Saturday 24<sup>th</sup> May 2008

9.15am-5.30pm

Venue: 56 Windsor Road; Thornton Heath; Croydon CR7 8HE

## Your Details

Name :

Name of  
Delegate

Address:

Telephone:

Email address:

NB: Light refreshments (hot drinks, juice, fruits,& biscuits ) will be provided at breaks. Lunch is not provided; local shops & restaurants are available within walking distance.

## Payment

Delegate Fee: £80

I have enclosed

- A cheque
- A postal order

Please make payable to "Awakening Dawn" or

- Send me a Paypal invoice

Please return your completed booking form to:

Awakening Dawn: Eating Disorder  
Counselling & Training Services  
56 Windsor Road  
Thornton Heath, Surrey  
CR7 8HE

Tele:0208 653 7177

Email: vathani@bulimiahope.com

Signature:

Date: