



National Centre for Eating Disorders

# CHILDHOOD EATING DISORDERS AND OBESITY

with Professor Bryan Lask, Professor Paul Gately and Deanne Jade



## A three day Masterclass

Hammersmith London  
19-21 May 2011

### YOUR TRAINERS

Prof. Bryan Lask is professor of Child and Adolescent Psychiatry at St Georges Hospital Medical School, specialising in early onset eating problems for 25 years.

Deanne Jade is the Principal and founder of The National Centre for Eating Disorders.

Paul Gately holds a degree in Sports Science, a Masters in Human Nutrition and a Doctorate. He developed the Carnegie Leeds Programme, residential intervention for the treatment of overweight and obese children. Paul has also presented a number of television programmes on childhood obesity and is a regular contributor on radio, television and in the press. He has been a contributor to the International Obesity Task Force/World Health Organisation's report on childhood obesity, as well as being a consultant to many government agencies, health organisations and corporations throughout the UK and internationally.

Children either refuse to eat or overeat for a variety of reasons. The press is full of warnings about childhood obesity. Weight problems give rise to low self worth, bullying and failure to thrive both academically and socially. Overweight in youth predicts problems in adult life which bring a range of serious risks to health and quality of life.

The eating problems of childhood include reluctance to eat, or to eat a normal diet for many different reasons. We examine selective refusal, pervasive refusal, food avoidance emotional disorders as well as anorexia and bulimia in children. How can you distinguish serious eating problems from "faddy eating" that the child will grow out of? How can you work with an overweight child and their family? This master class will seek to answer some of these questions.

If you work with children and adolescents in any capacity, this workshop will be suitable for you. You will learn

- How to assess and work with a child with weight problems
- How to help their family
- What interventions may be unhelpful
- How to identify eating problems in a child
- How to work with a child with eating problems
- Motivational techniques for younger children