



SYEDA

SOUTH YORKSHIRE EATING DISORDERS ASSOCIATION

EATING DISORDER SERVICES IN ROTHERHAM



Counselling is available to young people (age 11+) and adults

COUNSELLING

Counselling provides a confidential, non-judgemental safe space for you to talk about your issues and concerns.

Counselling is non-directive and person-centred, meaning that your counsellor will help you to explore your thoughts, feelings, and behaviours so that you can develop a better understanding of yourself and consider change within your life. Counselling lasts for up to 18 sessions, and is reviewed at every 6th session.

PEER SUPPORT GROUP

The Peer Support Group is for anyone with an eating disorder. It offers the chance to meet with other people who may have similar experiences, to provide each other with mutual support.

You do not need to be accessing other support from SYEDA or have a diagnosis.

The group is on the first Tuesday of each month from 7.00 - 8.30pm, in Sheffield.

To join, email info@syeda.org.uk

CBT-T

CBT-T (Cognitive Behavioural Therapy Ten) is a 10-session, evidence-based, structured therapy that aims to help you develop a healthier and more sustainable relationship with food and your body.

Emphasis is placed on the here-and now, looking at the current

presenting problems and the factors that contribute to the maintenance of your eating disorder.

For CBT-T, you will fill out regular questionnaires to monitor your progress and will need to be weighed each week. You are required to complete homework including weekly food diaries.

There are five phases of the program:

1. Early dietary change
2. Challenging thoughts and feelings around food
3. Addressing emotional triggers that drive eating behaviours
4. Body image work
5. Relapse prevention

DIETICIAN INPUT

If more specialist dietary advice is needed, a dietician session can be arranged alongside counselling or CBT-T.



FAMILY AND FRIENDS

Available to anyone who is supporting someone with an eating disorder. No diagnosis is required, and they do not need to be accessing support from SYEDA.

COUNSELLING

6x 1:1 sessions

Talk to an eating disorders practitioner about your difficulties and discuss techniques to support yourself.

PSYCHOEDUCATION

6x 1:1 sessions

Education, practical skills and tips.

TREADING ON EGGSHELLS

A 6-week course for anyone supporting someone with an eating disorder.

Focuses on causes & triggers, support techniques, communication and self-care.

REFERRALS

We offer support for mild-moderate level need.

If you have any queries, get in touch on info@syeda.org.uk

YOUNG PEOPLE (AGE 11+)

Professionals & schools can refer through the SYEDA website: www.syeda.org.uk/referrals

ADULTS

Refer via our self-referral form on the SYEDA website: www.syeda.org.uk/referrals

We also offer training to healthcare and education professionals across Rotherham, and workshops in schools – email education@syeda.org.uk for details.



www.syeda.org.uk



education@syeda.org.uk



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