



Parents of Children with Disordered Eating

The Duke Eating Disorders Program would like to invite you to an Intensive Parent Training Workshop to help manage your child's disorder.

Many parents are greatly troubled by their child's disordered eating yet feel powerless to do anything. In this weekend workshop, we teach parents skills to help both their children and themselves manage these symptoms and get to the issues underneath!

We will begin by teaching parents the skills they need to help manage acute eating disorder symptoms in their children. Then we'll go a step beyond to help you discover how the symptoms of eating disorders help your child cope, and show you ways to both teach and model effective coping strategies to your child.

Many parents feel that social support from other parents going through similar situations with their children is invaluable in helping them cope. Following this workshop, an electronic message board will be set up so that parents can remain in contact with each other.

WHEN: On the first weekend of every month, from 9am-4pm Saturday and from 9am-12 pm Sunday.

WHERE: Duke University Medical Center / Purple Zone

LEADER: Nancy Zucker, Ph.D., Asst. Professor and Director of the Duke Eating Disorders Program

HOW: Call 919-668-7301 for more information including directions, hotel information and workshop costs.