

# Aberdeen Counselling Forum

## *'Becoming myself - the struggle for identity for clients with Eating Disorders'*

Led by Professor Julia Buckroyd

Saturday 28<sup>th</sup> September 2024 (10am-4pm)

Venue:

Garden Lounge, Fountainhall Church, Harcourt Rd,  
Aberdeen, AB15 5NZ

### **About the workshop:**

Identity, sense of self, is forged in the crucible of relationships in early life, that is, attachment experiences. A viable identity will enable intellectual and emotional development so that we become capable of loving and working. Attachment that is significantly inadequate will leave a child struggling for safety and identity. An eating disorder may provide a way of life that can substitute for an absent or inadequate self-definition. EDs solve particular problems in establishing a sense of self: When adolescence is a bridge too far, the only way to win or the thinnest girl in the class; when trauma erupts into everyday life; when hope has gone, so that self-care and social interaction are impossible; when the day-to-day is a trap from which there is no escape; when a chaotic history and current lifestyle are too exhausting and confusing for movement and change. The conditions which can produce change: mirroring, responsiveness, interest, affection, validation, boundaries. These conditions can result in better emotional regulation, the capacity for relationship, the ability to work, an ease with one's own physicality, better self-esteem.

### **About the presenter:**

Professor Julia Buckroyd is Emeritus Professor of Counselling at the University of Hertfordshire. She specialises in understanding eating behaviours and in helping clients to regain control over their lives and relationships. She is an author, broadcaster and therapist who brings her personal research experience to provide her clients with evidence-based interventions.

For more details on her extensive profile, please visit:

[http://www.juliabuckroyd.co.uk/Julia\\_Buckroyd\\_Profile/julia-buckroyd-profile.html](http://www.juliabuckroyd.co.uk/Julia_Buckroyd_Profile/julia-buckroyd-profile.html)

**Contact person for enquiries and booking:**

**Diane Crowe**

**Email:** [contact@thecounsellingforum.co.uk](mailto:contact@thecounsellingforum.co.uk)

**ACF Booking Form for Workshop Saturday 28.09.24**

PARTICIPANT NAME:

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EMAIL ADDRESS:

TELEPHONE NUMBER:

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**PLEASE INDICATE APPROPRIATE PAYMENT BOX**

ACF MEMBER - £50	
ACF CONCESSION MEMBER - £45 (Low income, 60+, F/T student, counselling diploma student)	
ALL NON-MEMBERS - £65	

IF YOU ARE AN ORGANISATIONAL MEMBER, PLEASE LET US KNOW WHICH ORGANISATION:

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