



## **Matrix College CPD Event**

### **Self Esteem & Body Esteem Workshop by Julia Buckroyd**

**Saturday 14<sup>th</sup> April 2018**

**ABC Centre, Bury St Edmunds**

**Title:** Aspects of the Self: working with clients' self and body image

Many people have their lives diminished and limited by disastrously negative views of themselves. Notoriously, these are difficult narratives to modify or improve. This workshop offers a conceptual framework for understanding these issues and will suggest numerous strategies for working with clients on these difficulties. Participants can expect to feel much more confident about working with this client group. Workshop participants should be aware that this is an active and interactive workshop and be prepared to share in a confidential setting, material to do with themselves and their clients.

### **Professor Julia Buckroyd**



### **Biography**

Julia Buckroyd is Emeritus Professor of Counselling at the University of Hertfordshire. From 2002-2008 she was Professor of Counselling and from 2004-2008, Director of the Obesity and Eating Disorders Research Unit. She has been working in the field of eating disorders since 1984. Her original training was as an academic historian but she re-trained first as a counsellor at Birkbeck College, University of London and then as a psychotherapist with the Guild of Psychotherapists. Her first post as a student counsellor in 1984 was at London Contemporary Dance School where she became interested in eating disorders. Her first book on eating disorders, *Eating Your Heart Out*, (2<sup>nd</sup> edition, Vega, 1996) derives mostly from this experience. From 1994 - 2008 she worked at the University of Hertfordshire while continuing her clinical work as a therapist. Her work with

dancers, including work relating to eating disorders was published in *The Student Dancer* (Dance Books, 2000).

In the past ten years she has applied the insights of therapeutic work with eating disorders to obesity, as well as continuing her work on eating disorders, and has been carrying out a research programme to explore whether psychotherapeutic groups for obese women are effective in creating sustained weight loss. This work is ongoing with a programme of research in this area. Her account of this research and the group programme that she developed was published in 2007 (Julia Buckroyd and Sharon Rother, *Therapeutic Groups for Obese Women; a group leader's handbook*, Wiley). She has also sought to support work on psychological aspects of all forms of disordered eating via conferences and publications. She and Sharon Rother completed an edited book in this area (*Psychological Aspects of Eating Disorders and Obesity*, Wiley) published in 2008.

For four years, from January 2004 to December 2007, she was editor of *Counselling and Psychotherapy Research*, the research journal for BACP. In this role she continued the journal's mission to make research accessible to practitioners and to support the development of counselling and psychotherapy research in the UK.

Since her retirement from the University of Hertfordshire she has been applying her research to clinical work including a pilot obesity service in a PCT. She has also developed a programme for emotional eaters available to the general public, **Understanding your Eating**, which is being developed as a commercial project [www.understandingyoureating.co.uk](http://www.understandingyoureating.co.uk). She has published an account of her ideas for the general reader in *Understanding your Eating* (Open University, 2011) In addition, Professor Buckroyd offers supervision, workshops and consultancy to a wide range of organisations on psychological approaches to all forms of disordered eating and related issues.

#### Contact Details

julia@juliabuckroyd.co.uk  
07751 884748

#### The Venue:

ABC Centre, St Andrews Castle, St Andrews Street South, Bury St Edmunds, Suffolk IP33 3PH

#### Timings:

10.30 to 4.30 pm

#### Refreshments:

Tea, coffee and lunch will be provided at the venue. If you have any dietary requirements please advise when you are booking your ticket.

#### Ticket Prices:

Matrix Members:	£90.00
Non- Members	£110.00

#### Booking:

Please complete the booking form and return this to Nikkita at [nikkita@matrix-training.org](mailto:nikkita@matrix-training.org)  
Payment for tickets can be made by bank transfer or cheque. Details for both are on the booking form.

Places will only be confirmed when full payment is received. Acknowledgement and a receipt will be sent by email. Certificates of attendance will be provided on the day (5 hours CPD).

If you have any queries please contact Nikkita Welman  
[nikkita@matrix-training.org](mailto:nikkita@matrix-training.org) 01832 272916