



## Eating Disorder Support Services

### Recovery Coaching - Profile Form

**Name:** Emma Bacon  
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#### Qualifications, Experience and Approach To Eating Disorders:

- Founder and Project Manager of Balanced MK – Eating Disorder Support Services (2007 to date)
- Creator and lead facilitator of the Balanced MK recovery focussed self-support group, Rebalance
- Author of 'Rebalance Your Relationship with Food: Reassuring Recipes and Nutritional Advice for Positive, Confident Eating'
- Co-author of the 'Eating Disorder Recovery Handbook: A Practical Guide to Long-term Recovery', inspired by the Rebalance self-support group
- Qualified Level 3 Personal Trainer and Nutritional Advisor
- Qualified Massage Therapist, Life Coach and Restorative Yoga instructor
- Personal experience of recovery from an eating disorder (prior to the creation of Balanced MK)

#### One-to-One Recovery Coaching:

Emma combines her personal and professional experiences to provide a recovery coaching service to anyone affected by any form of disordered eating, or associated issues. Sessions are based on an individual's needs, with consideration to every aspect of life.

Emma is able to provide emotional support and practical advice in relation to the following:

- Eating disorder thoughts, feelings and behaviours (and the reasons behind them);
- Body image issues;
- Associated mental health issues e.g. OCD;
- Balanced nutrition and practical help with cooking and eating;
- Emotional coping strategies;
- Communication skills and social / relationship issues;
- The benefits of positive exercise and hobbies;
- Relaxation techniques;
- Life choices and how they affect recovery e.g. career choices;
- Self-esteem and assertiveness;
- Educating loved ones to help them support long-term recovery;
- Exploration of other treatments / specialists that might be able to help.

Please note – Emma Bacon is not a qualified Counsellor. Emma offers recovery coaching / mentoring based on her personal and professional experience related to eating disorders. She is a qualified Life Coach, Eating Disorder Specialist, Personal Trainer, Nutritional Advisor, Massage Therapist, Author and Restorative Yoga Instructor.



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### **One-to-One Nutritional Support:**

I have completed various courses about health and nutrition and am the author of 'Rebalance Your Relationship with Food: Reassuring Recipes and Nutritional Advice for Positive, Confident Eating'. I can provide personalised one to one advice sessions in relation to your eating patterns, which could involve practical support with cooking and/or eating with others.

### **Restorative Yoga for Recovery – Four Week Courses or One-to-One Sessions:**

Restorative yoga is a form of yoga that seeks to achieve physical, mental and emotional relaxation with the aid of blankets, bolsters, blocks and eye masks. Passive yoga poses are supported and held for a number of minutes at a time to invoke deep relaxation, to heal the nervous system, brain, and major organ systems of the body. No prior yoga experience is required.

Benefits include lowered blood pressure, improved immune function, digestion, fertility and elimination. In addition, restorative yoga is a powerful tool to reduce muscle tension and general fatigue, helping the body and mind restore vital energy levels. It can also help in recovery from illness, injury or emotional distress, depression or anxiety caused by traumatic events.

As a qualified restorative yoga instructor and eating disorder specialist, I am able to provide recovery focussed restorative yoga courses, which I run from a private yoga room in Stony Stratford. Courses are usually four weeks in duration, with two people being attending simultaneously, though one to one sessions can also be arranged. Courses are specifically designed to support people affected by an eating disorder, including loved ones caring for someone else – a great opportunity for a sufferer and carer to connect in a positive, supportive environment.

### **Massage Therapy for Relaxation and Body Acceptance:**

There are tremendous benefits to be achieved through regular massage therapy treatments from a qualified massage therapist. Whether your need is relaxation, reduced muscle tension or to attain relief from chronic pain, a therapeutic massage can enhance your overall sense of emotional and physical well-being.

As a qualified massage therapist and eating disorder specialist, I am able to offer personalised massage therapy sessions, sensitive to a person's vulnerabilities, physical and emotional issues. Sessions are provided from a private therapy room in Stony Stratford (at the cost of £20 for 30 minutes, or £35 for 60 minutes).

Please phone or email for a no obligation chat to see if recovery coaching sessions are right for your needs.