



Eating Disorder Support Services

Counsellor Profile Form

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Counselling Qualifications, Experience and Approach To Eating Disorders:

- 1995 - Dip HE Mental Health Nursing
- 2000 - Working with Suicide and Self Harm
- 2004 - BSc 1st class honours degree - Mental Health Nursing
- 2004 - Specialist Nurse Practitioner Award - Eating Disorders
- 2013 - MA - Working with Eating Disorders and Body Image Difficulties
- 2016 - Health Coaching
- 2017 - MANTRA
- 2017 - Yoga Teacher Training

I have completed training courses in; *CBT - E (Cognitive Behavioural Therapy - Eating) *IPT (Interpersonal Therapy) *DBT (Dialectical Behavioural Therapy) *MET (Motivational Enhancement Therapy) * Skills Training for Carers and Loved Ones of an Eating Disorder *Solution Focused Therapy *Supportive Clinical Management recently completed MANTRA training (Nov 2017) I have attended various seminars, workshops and conferences over the years on various aspects of treating and supporting those suffering with an eating disorder.

Counselling Qualifications, Experience and Approach To Eating Disorders:

I am a qualified mental health nurse. I spent the first three years of my career working within acute inpatient services and community mental health assessing and treating individuals with a range of acute and severe and enduring mental health problems. I always had an interest in eating disorders and was privileged to be offered the opportunity to join The Northampton NHS Psychology Service in 1999, which was focused on supporting individuals who had been in inpatient units away from home for long periods because of an absence of outpatient and community treatment. I worked alongside my two psychologist colleagues and built and developed an outpatient service and intensive home treatment service which spanned the whole of Northamptonshire. I worked as a Clinical Nurse Specialist in Northamptonshire for 14 years. I have experience of offering one to one, group interventions and intensive home treatment to adults experiencing a range of eating disorders. I was fully involved in supporting the transition from child to adolescent services and feel I have grasped an understanding the difficulties that are faced for both the young person and family members during this difficult time.

I went on to manage a specialist inpatient unit which also hosted a day patient service in an exclusive hospital in Central London and helped to review and develop their group programme as well as supported the development of an adolescent inpatient treatment programme within the context of an acute adolescent ward.

I was the Clinical Lead for a residential service that supported young women with a severe and enduring eating disorder to regain their confidence and self-esteem by promoting engagement in meaningful academia and occupational activities whilst managing their eating disorder.



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I re-joined the NHS in January 2016 and took on the role of Clinical Lead for The Milton Keynes Lifespan Eating Disorder Service. I resigned and left this post in October 2017.

I have a special interest in transitions from child to adult. I also have a special interest in pregnancy and eating disorders and have been involved in supporting the development of journal articles on the subject, speaking at conferences and have offered teaching and training to health visitors and midwives.

I have a special interest in diabetes and its link with eating disorders and have written an article on this.

I also have a passion for working with those with a severe and enduring eating disorder where improving quality of life is the focus whilst managing the eating disorder.

I have provided teaching and training throughout my career on various topics related to eating disorders. I became an associate trainer for Beat in 2004 and helped develop their creating expertise package. I have provided teaching and training both within my employed roles and privately. I continue to offer training, consultancy and supervision. My colleague and I were recognised by our local NHS trust and awarded Nursing Team of Year in 2012 due to our innovative approach to working with individuals with acute anorexia nervosa.

I also work for a GP surgery as a Healthy Minds Practitioner. Within this role I assess any patient of the surgery requiring an urgent appointment that is related to any form of psychiatric or psychological struggle. I offer solution focused therapy, advise on prescribing and monitor medication as well as sign post/refer to secondary care services.

I teach five yoga classes per week and am very keen at incorporating elements of yoga philosophy in my clinical work.

I am a member of The Royal College of Nursing and attend their quarterly special interest group on eating disorders. I engage in regular clinical supervision with a Specialist Consultant Nurse. I continue to read and ensure I keep myself up to date with evidenced based interventions. Most importantly I continue to learn from clients.

I very much provide a holistic approach to treatment that is aimed at enabling individuals to reach their recovery at their pace. I am someone who very much believes that recovery occurs within the context of a trusting relationship and that my role is to provide information, feedback, teach and promote skills and strategies to manage the distress associated with change. I work with the mindset that the sufferer is their own expert and that progress is made by working as a team.

I very much believe that recovery is possible and available no matter how long one has suffered and struggled.

My work is focused on those over the age of 16 though would be happy to meet with those between the age of 14 – 16 (along with parents) where self-esteem and body distress is the primary difficulty. I have no upper age limit



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Coming from a nursing background I have an understand of the risks associated with eating disordered behaviours and am able to if required advise on appropriate physical investigations that may be helpful to remain safe both during physical stability and change. As I work as a private practitioner I do not have access to a medic though happy to liaise with GP's. With this in mind part of the assessment appointment would include considering physical and mental health risk to ensure private treatment was safe and appropriate.

Address:

7 Gloucester Crescent. Delapre, Northampton NN4 8PP

I have a therapy room at the above address. I am also available to meet with individuals in their own home dependent on the distance.