



# Meeting International Standards: The Essential Psychological Training for Modern Weight Management

## Clinical Excellence Assured

- NICE Compliant - Evidence-Based - Research Validated - Internationally Approved CPD -

### The Global Challenge: A Universal Gap in Patient Care

Across the globe, healthcare providers are embracing new GLP-1 medications to combat the obesity crisis, which now affects over 1 billion people worldwide. However, leading health authorities like the **WHO, JAMA, and NICE** have issued a clear and consistent warning: **medication alone is not enough.**

This has created a significant service delivery gap. Health systems are prescribing these new medications without the properly trained staff to provide the essential psychological and behavioural support required for safe and effective use. This oversight risks poor patient outcomes, high attrition rates, and non-compliance with international health standards.

*Up to 60% of bariatric surgery patients and 40% of adults with Type 2 Diabetes meet the criteria for Binge Eating Disorder. Not assessing and treating this significantly increases therapeutic inertia and patient drop-out.*

### The Solution: Eating Freely's Internationally Accredited Specialist Training

Eating Freely provides the definitive training solution for healthcare organizations to bridge this critical gap. Our programmes are designed to equip your team with the specialist skills to assess and effectively treat the underlying psychological issues connected to obesity, such as emotional eating and Binge Eating Disorder (BED).



Our training ensures your service is fully compliant with the highest international standards for weight management, empowering your team to provide the total spectrum of care that leading global health bodies now demand.

## Why Choose Eating Freely for Your Team Training?

We are the global leader in training health professionals to deliver effective, evidence-based psychological support for eating disorders.

**Fully Aligned with International Guidelines:** Our curriculum is meticulously designed to meet the requirements set out by the WHO, JAMA, and NICE.

**University-Validated and Evidence-Based:** Developed over 12+ years of clinical practice, our programme's efficacy has been validated through a research partnership with **Leeds Beckett University**.

**Internationally Accredited:** All our training programmes are approved for **Continuing Professional Development (CPD/CE) credits**, recognized in Ireland, UK, USA, Australia, New Zealand and South Africa.

**Proven Track Record:** We have over 7 years of experience training practitioners from public and private health services, with attendees on our masterclass including staff from **the NHS, Oviva, Abl Health, Omada, and Noom**.

**Uncompromising Quality Assurance:** We adhere to strict CPD criteria, including small group structures, low trainee-to-trainer ratios, and mandatory case study work.

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## Our Training Options for Your Organisation

We offer flexible training pathways that can be tailored to the unique needs of your service, whether you are a UK-based NHS Trust or a US healthcare provider. We can deliver dedicated training for your team, either online or in-person, to suit your operational requirements.

### 1. 3-Hour Masterclass

A powerful introduction to working with emotional eating and Binge Eating Disorder. This session is perfect for raising awareness and building foundational skills across your entire team, ensuring a baseline of understanding and a common language for patient care.



## 2. Ethical Weight Management and GLP-1 Support

A comprehensive training specifically designed for teams working with GLP-1 medications. This programme provides the essential psychological and behavioural tools required by WHO and NICE guidelines.

**Format:** Can be completed in **1 day of in person or online training** followed by **6 weeks of online community support** from our expert trainers.

## 3. 15-Week Specialist Certification

An in-depth programme that certifies team members as specialists in emotional eating and Binge Eating Disorder. This pathway builds significant in-house expertise, creates clear and effective referral pathways within your service, and establishes your organization as a center of excellence in comprehensive weight management.

### About Eating Freely

Founded by disordered eating specialist psychotherapist Emma Murphy, Eating Freely has been a provider of evidence-based, internationally approved training for over 7 years. We have trained thousands of practitioners in over 10 countries.

Now with a team of expert trainers across Ireland, the UK, the USA, and South Africa, Eating Freely can provide world-class team training in person or online, wherever you are.

A new era of ethical weight management that sees people beyond their weight is here. Ensure your service is leading the way with the highest standards of person centred care.

### Take the Next Step

Contact us today to discuss your team's training needs and secure your place at the forefront of clinical best practice.

**Book a no obligation call:** [https://calendly.com/emma\\_murphy/training-enquiry](https://calendly.com/emma_murphy/training-enquiry)

**Email to Enquire:** [emma@eatingfreely.com](mailto:emma@eatingfreely.com)

**Visit our Website:** [www.eatingfreely.com/team-training](http://www.eatingfreely.com/team-training)