

# Overcoming Anorexia Online

**Overcoming Anorexia Online** is a self-help multi-media online program based on cognitive-behavioural therapy (CBT):

- For carers helping and supporting a person with anorexia
- Teaches family or friends the skills necessary to become expert carers
- Information on how to support sufferers at meal times to help them regain weight and re-establish healthy eating patterns
- How to assess and manage risk, alongside self-management in crises and conflict

## **Overcoming Anorexia Online** includes:

- 8 session course focusing on thoughts, feelings and behaviour of sufferer
- Video clips, animation and soundtracks applied to content
- Workbooks (available in PDF format for downloading)
- Anxiety Control Training (ACT)
- Forums for users
- Mobile phone text message and email reminder function



Media innovations are leading developers of multimedia training materials across a wide range of industry and professional sectors



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**Principal Author:** Dr. Williams, a Senior Lecturer in Psychiatry at the University of Glasgow, and Honorary Consultant Psychiatrist  
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**Collaborator:** Professor Ulrike Schmidt, a Consultant Psychiatrist and specialist in eating disorders at the Institute of Psychiatry, collaborated in developing the content and structure of this program.

Clinical effectiveness of the program is currently being performed by:

- Dr Ulrike Schmidt, Consultant Psychiatrist, Eating Disorders Unit, Maudsley Hospital
- Mariam Grover, Senior Psychotherapist, Institute of Psychiatry, Kings College London

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Prices begin at £1080 (plus VAT) for a 10-user annual licence.