



A Parent's Journey: Supporting a child through an eating disorder

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About us

Charlie Waller was a strong, funny, popular, good-looking and kind young man, with a close and loving family. To the outside world, he had everything to live for. Yet in 1997, at the age of 28, Charlie died by suicide. He was suffering from depression.

In response to this tragedy, his family founded The Charlie Waller Trust, to open up the conversation around mental health, and to ensure that young people are able to understand and look after their mental health and to spot the signs in others.

Charlie sits at the heart of our story, our vision and our purpose.



The Charlie Waller Trust

We provide fully funded training and mental health resources for:



Learn more at charliewaller.org



Evidence based training



Positive

We take a positive approach to mental health. We focus on prevention and early intervention, and recognise the importance of offering hope.



Proven

Our consultancy, training and resources are all based on sound clinical evidence.



Practical

We give people practical strategies and tools to care for their mental health, and to support others in doing so.



Before we begin

Timings

The webinar will be approximately 60 minutes. We do not have any scheduled comfort breaks but please feel free to step away from your screen if needed.

Recording

Please note that this webinar will be recorded and published on our website for others to watch on-demand.

Sharing personal experience

Some of the stories included in the webinar reflect personal journeys and individual perspectives and are included to support the exploration of different perspectives.

Safety and openness

Sensitive topics may be discussed during this webinar, please feel free to step away if needed. We want to foster a sense of safety and openness during this webinar where everyone listens to one another and supports each other's perspectives.



What the New Maudsley Model is

The New Maudsley Model is a set of skills and ideas designed to help families support a loved one with an eating disorder. It was developed by clinicians and carers working together, based on research about what helps recovery and what reduces stress at home. The focus is not on turning parents into therapists, but on giving them tools that make day-to-day life easier and more effective.

Uniquely, Charlie Waller offers fully funded skills-based workshops for those caring for a loved one with an eating disorder accessible throughout the United Kingdom and includes workshops for professionals

ALVS



- **ATTEND**



Notice signs of distress and/or reflect on something that happened earlier

- **LABEL**



Guess the emotions – it doesn't matter if you guess wrongly as Edi can correct you

- **VALIDATE**



The emotions with the word because – again it doesn't matter if you guess wrongly as Edi can correct you

- **SOOTHE**



Assist Loved one to visualise how they can self soothe, who might help them, options for moving forward E.g : Hug, Affirmations, Distraction, Unconditional love and support, Visualising future pathways.

Example: It's 7pm. Dinner is on the table.

Your child is staring at her plate, frozen.

You know they haven't eaten much all day.

ALVS :

Example: It's 7pm. Dinner is on the table. Your child is staring at her plate, frozen. You know they haven't eaten much all day.



ATTEND : "I'm noticing you've gone really quiet and pushed your plate away."

LABEL: "I **wonder** if you're feeling really scared or overwhelmed right now? or I imagine you might be feeling really overwhelmed right now"

VALIDATE :

"I **wonder** if you might be feeling this way OR It **makes sense** that you might feel this way ***in this moment/ at the moment.***"

- 1) ***because*** eating feels dangerous in your body right now,
- 2) ***because*** your anxiety thoughts are really loud in this moment,
- 3) and ***because*** it might feel exhausting to keep pushing against that fear every day.

Have I got any of that right?"

SOOTHE :

"I believe you can do hard things and you don't have to do this alone. I'm here with you, step by step.

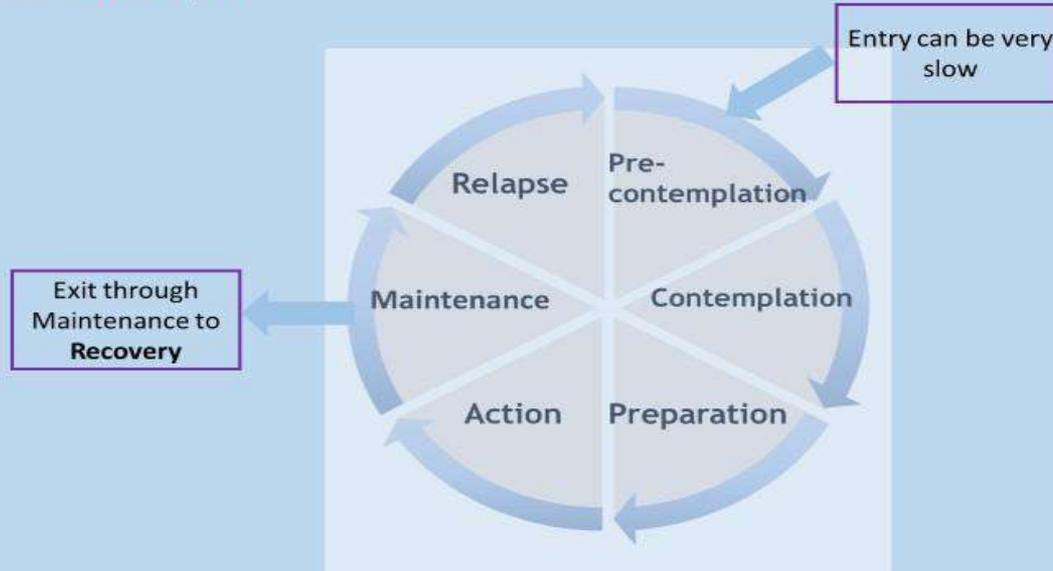
What would help this feel even a tiny bit easier right now?

Would it help to have some music on... or the TV... or just sit together for a minute and breathe?"



Model of Change

Stages of Change Model
See SBC Chp 7



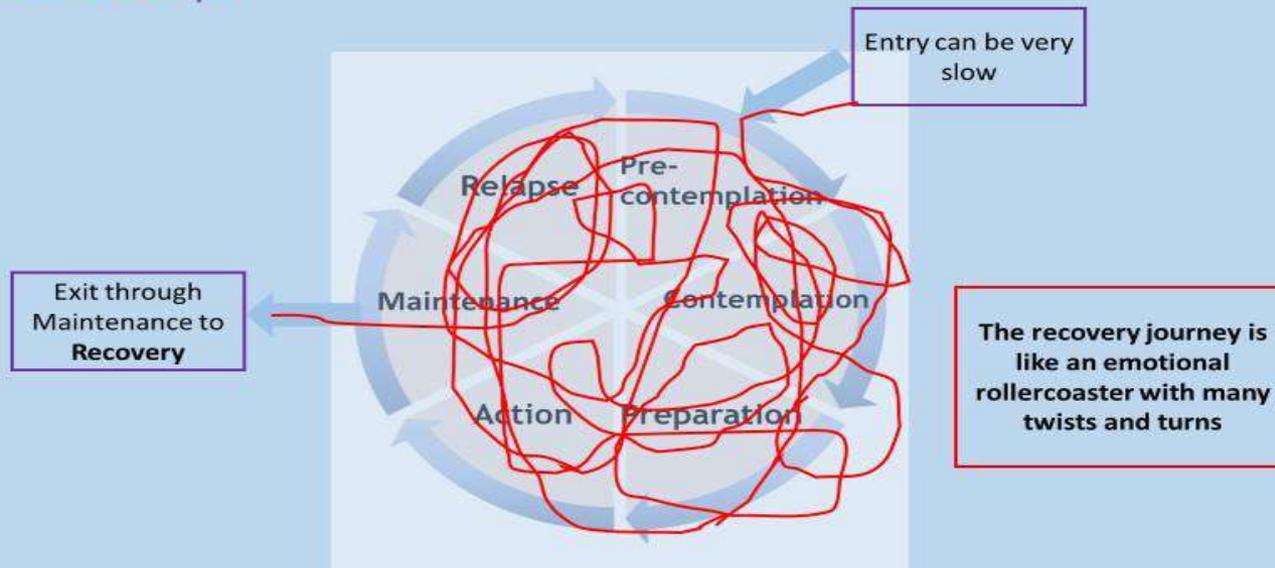
Working together





What stages of change really look like.....

Stages of Change Model – Squiggle Version
See SBC Chp 7



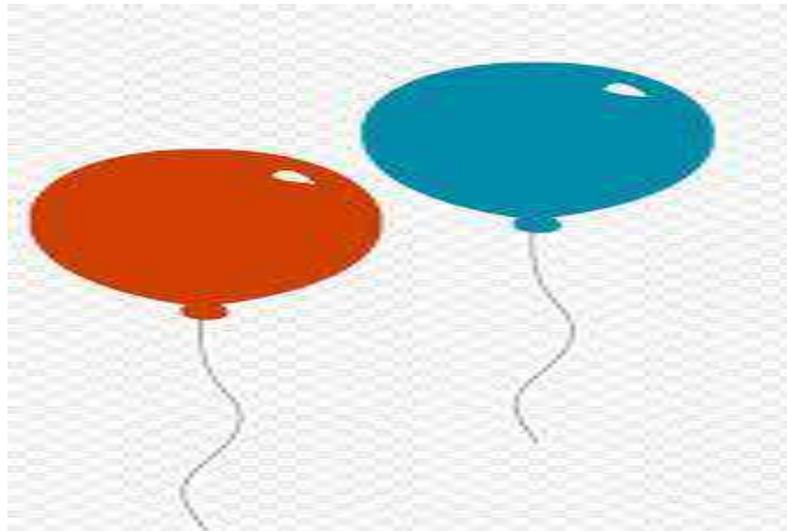
Working together





Blue balloon/Red Balloon

Give more attention to the behaviours you like, and less attention to those that you don't like.





Webinar Feedback

Let us know how we did and help us to plan future webinars by completing this short survey



<https://eu-ln.sprw.ai/stt-S0F9E>



Skills workshops for supporting a loved one with an eating disorder

Five 2-hour workshops full of practical tips, real life scenarios and case studies.

The workshops cover:

- Introductions, psychoeducation and empathy
- Cycle of change and motivational language
- Reflecting on caring responses
- What to try when things feel stuck
- Coaching your loved one to make their own changes
- Relapse contingency planning



For more information and dates of these **fully funded** courses use the QR code or go to charliewallertrust.org



Watch previous webinars

- **Mental Health: Starting Early, Staying Well**
- **Talking about suicide**
- **Whole school and college approach to mental health**
- **A whole university approach to mental Health**
- **Talking about self-harm**



And more coming in 2026

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