

Experiential Workshop

Title	<i>Adventure therapy courses for adult women with eating disorders</i>	
Goals	<p>Exploring experientially the emotional connotations of eating and the psychological issues at stake with this target group</p> <p>Presenting the concept and results of the program</p>	
Description	<p>‘Changing is not about becoming different, but allowing that-which-is-different-within-yourself to surface more naturally.’ This is one of the central ideas of a five days adventure therapy-course in Belgium by Saltare vzw and Outward Bound for adult women between 18 and 60 years old. The participants have a complex relationship with food (e.g. anorexia nervosa, boulimia nervosa, emotional eating,...). The first course took place in 2010. Since then a course took place every year during the Easter Holidays. The last few years some follow-up projects were organized, such as a 6 days walking program in the Drome region in France and several 1 day horse assisted programs.</p> <p>During this workshop we will explore in an experiential way some of the main topics which are at stake when working with this target group: their emotional connotations of food and eating together, their perception of their body and their self-confidence and self-esteem. Furthermore, we will share the overall concept of the program, the importance of its interdisciplinary approach and some of the results (as reported by the participants). We finish with Q&A and discussion.</p> <p>For more information: www.saltarevzw.be & outwardbound.be</p>	
Number of participants	Minimum	1
	Maximum	24
About the facilitator...	Name	Lieve Pensaert, Els Verheyen & Bert Vandenbussche
	Background	<p>Lieve Pensaert is working as a dietician & lecturer in Food Science at the University College Leuven-Limburg (Belgium). Furthermore she is the co-founder of Saltare vzw.</p> <p>Els Verheyen works as a lecturer in Psychology at the University College Leuven-Limburg (Belgium), chairwomen of ANBN (association for people with eating disorder and their caregivers in Belgium) and board member of Saltare vzw.</p> <p>Bert Vandenbussche is senior trainer at Outward Bound Belgium and board member of Saltare vzw.</p>

