

School Professionals Online Training ('SPOT')

Training to support school professionals to identify and act on early signs of an eating disorder.

Teachers and other secondary school-based professionals learn how to spot the early signs of an eating disorder, and how to talk effectively to a young person who may be suffering, encouraging and supporting them to seek treatment as soon as possible.

Who is it for?

Teachers, school nurses and anybody else working in a school. While eating disorders can affect anyone of any age, school-age children are a particularly vulnerable group and school staff are therefore ideally placed to spot the early signs of an eating disorder.

Intended outcome

Education-based professionals are able to spot the early signs of eating disorders and support pupils and their parents to seek and get treatment quickly.

Learning outcomes include an understanding of the major eating disorders, their impact on day-to-day life, risk factors and early warning signs, barriers to treatment and how to support pupils and their parents to overcome them.

Details

Until 2020, 'Spotting the Signs' was a highly-regarded face-to-face course delivering six hours of education for schools professionals across the UK. It has now been converted into SPOT in order to reach a larger audience via e-learning modules and bite-sized online videos pre-recorded by eating disorder clinicians.

Participants have access to an online community forum where they can post questions and share advice and experiences with their peers. Downloadable resources and lesson plans will support them to pass on their learning to pupils via awareness raising events and the PSHE curriculum.

The online platform can be accessed all day, every day, so that participants can learn when they choose and at their own pace.

More information

For more information about this service or a partnership with Beat, please contact the Public Sector Commissioning team via publicsectorcommissioning@beateatingdisorders.org.uk.

This is one of a series of services which Beat provides in support of clinical eating disorder services. A full list is available at www.beateatingdisorders.org.uk/commission-us.

Other services for people with eating disorders:

- One-to-one and group-based support for people waiting for or unable to access treatment
- One-to-one/group-based support and training for family members and others caring for a loved one with an eating disorder
- Binge eating disorder guided self-help: NICE-recommended treatment for BED
- Tailored education packages for various groups of health and medical professionals
- Beat's Helpline can make referrals with or on behalf of people seeking an assessment for a likely eating disorder. (We will provide this service free of charge for any willing NHS partner.)

Beat and the public sector working in partnership

Beat works with public sector partners across the United Kingdom to support people and their loved ones in their recovery journeys. We can provide non-clinical support quickly, effectively, and as early as possible, to complement the work of health professionals.


We can provide some of our services free of charge. For other services we have to pass on our costs to you, but we never take a profit from our work with public sector partners.

We provide services in the following areas:

- Direct support to people with an eating disorder
- Training and support for those caring for a loved one with an eating disorder
- Support and training for clinicians
- Strategic support to health care providers

We develop all our services in consultation with clinical and academic partners. We co-produce our services with our beneficiaries, with guidance from our multidisciplinary Clinical Advisory Group of senior clinicians, who provide guidance across all our areas of work.

Our services are delivered by trained Beat personnel – both staff and volunteers. These include experienced eating disorder clinicians, trained Beat staff and volunteers with ongoing access to supervision by an experienced clinician.

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