Frequently asked questions

👉🏽How do we make it safe to deliver on-line?

In order to deliver a safe programme on-line, we ask schools and parents to complete our initial assessment forms, to establish a safe set up and ensure a safe space is accessed. Our assessment forms tell us if schools and parents have knowledge of local services if needed: (Gp’s, CAMHS, next of kin). If this isn’t in place, we would work with them to put this in place first. We also ask if there is capacity to attend A&E with a participant, if someone does not feel safe within themselves. Once this is verified and safeguarding measures are met, we feel confident in our delivery. We also offer 1-1’s for those seeking further support and can assess their needs from this. If someone is presenting as high risk, we have a duty of care, to NOT go ahead with their programme and would liaise with their school and parents, to seek further support with the right channels.

👉🏽Why aren’t they HCPC registered?

Most counsellors and psychotherapists are not HCPC registered, this registration is the norm for clinical psychologists and CBT or Art Therapists working in the NHS. - we can provide evidence of our therapists training if required. However, recognised qualifications are necessary for registration with the professional bodies our therapists are members of.

Here's what the HCPC say: *'Some professionals use the term 'psychologist' or other titles such as counsellor, psychotherapist or therapist. These are not protected titles, so professionals using them do not need to be on the HCPC's Register. Those who are not on our Register are not regulated by us'.*

👉🏽Does this need to be face to face due to it being at a more challenging level?

The programme is about prevention rather than therapy.  Body image issues are indeed challenging, our programme is designed to raise awareness so that individuals who may be experiencing early-stage body image concerns can get the help they need. Body Image Coach works with professional therapists and coaches who have lived experience of BDD and eating disorders and who work in private practice with people who have suffered from it.  Subject to various safeguarding prerequisites, therapeutic sessions with students identified at risk would be one to one and - most likely on zoom due to geographical limitations. We believe that this intervention offers the best support and where necessary, we work with outside organisations to prevent any risk.

👉🏽Where is the safety net if further follow-up is needed locally ? I see they do offer "therapy" but I imagine/hope they would have some local mental health services for more serious conditions that are identified.

 The safety net lies in the collaboration with the school or parent/guardian and what measures they have in place, before accessing our service. For example: if our service is accessed through a school, we would ensure that the school has a staff member that is trained to deal with a mental health crisis. This staff member should always be present at our on-line workshops. We would also ensure that there is a safeguarding lead and that the set up on the workshops is looked at, to be able to deal with any safeguarding issues, should they arise. We also ask schools what provision they have in place for pupils that may need extra support, locally. Do they hold records of each pupil’s GP practice and next of Kin, should this be needed. Are they in a position to support pupils to A&E if they feel at risk to themselves. Before workshops are commenced, all these factors need to be in place first, including parent notification.

**Students accessing therapy:**

The usual safety nets apply: if a student is psychologically unstable and at risk, then CAMHS would need to be involved in their care. Our therapists carry out an assessment at the start of the therapy and we would expect to liaise with the school with safeguarding issues and to advise them of more serious conditions that are identified.

👉🏽What happens when there is a bigger picture in the background like trauma or there are co-occurrences like neurodiversity? How would this be identified, as it would need to be part of the therapeutic process?

Our therapists work from a trauma informed perspective, and we believe that for individuals of any age, treating serious body image concerns must include identifying and addressing trauma and attending to the challenges of neurodiversity and how this impacts the individual and their recovery. Our therapist blend a highly relational interaction with psychoeducation.

👉🏽If they had a mentally unwell young person what would they do?

If we identified that a young person was unwell, we would follow safeguarding procedures to ensure that the young person was not at risk. For example, during our induction set up session we would inform them of our immediate concerns. In terms of working with this client group it is essential that the school and or parents are aware of their local mental health services and have information about how to access this in an emergency.

👉🏽My only concern would be that body image and eating disorder issues are difficult to address, and if not delivered safely, may leave young people in a vulnerable position.

We do everything we can to ensure that pupils/clients are supported throughout. This means that if a pupil is struggling with their mental health, we offer on-line 1-1’s and work with parents and schools to ensure that they are aware of any risks and what should be done to support this this person. We rely heavily on collaboration with the school and parents (where possible) so that any risk is managed appropriately by us, the school, parents, GP’s, CAMHS and A&E where possible. This means that we would expect a parent/school to have safeguarding measures in place if needed. We can share notes of each person (as long as they are signed by that person, to give consent) and each person having 1-1 sessions, signs a form stating that if there is any ‘risk’ to this person, we have a duty of care to protect them and break confidentiality with the appropriate parties.

👉🏽I presume these interventions would be online and I have no experience of online support for young people.

All workshops are pre-recorded, and we work with you to ensure that safeguarding is in place and that you know what to do during a mental health crisis. As we are ‘on-line support’, we need this to be in place first. Where a person may present distress and in worst case scenario, crisis, we would support you in any way possible to ensure the safety of the child. It is the sole responsibility of the school, parent or guardian, to ensure that we work together to limit any risk. This means involving local GP’s, (A&E if needed) and other organisations such as CAMHS, that deal with emergency situations such as this. Our job is to ensure that people move away from their body image difficulties, therefore it is the responsibility of the organisation using our content, to make sure they have safeguarding management in place, should they need to use them.

I have had a good look and have looked around in the Eating Disorder service and can't find them. The reason I asked around as this is such a specialist service that I was concerned that it didn’t appear that they had much experience or training in this area. There isn’t anything about referring on or connection with ED service, if they had a unwell young person what would they do?

We are **predominantly** a training and coaching service. Our programme is used for **early intervention** and early stages of eating disorders and body dysmorphic disorder. The eating disorder service which is mentioned above, is for therapists (not coaches or trainers) that specialise solely in eating disorders. Our therapists are self-employed and work in many different avenues of mental health difficulties, as well as body image disorders. Our coaches and therapists are linked to professional bodies and memberships that give the credential that they need in the fields in which they work. While we work solely with body image difficulties, we do not claim to be experts in our field. We know that we **hold a map that can lead a child to recovery**. This is part due to our own lived experiences but mainly due to our credentials, training qualifications and experience as a coach or therapist. All staff on the frontline (coaches/therapists) undergo training for eating disorders and body dysmorphic disorder so that they are up to date with legislation, new topics and the DSM5 (American version)/ ICD8 (English version).

There is also nothing about their programmes being evaluated or being in the process of.

All content for BIC (body image coach) has been created and checked by accredited professionals in the field of mental health. This includes: (and is not an exhaustive list) coaches, therapists, ex teachers and staff members from a mental health charity. While we have done everything that we can to ensure the correct age-appropriate content is used, we ask that all content is supervised by an adult and that if there are any concerns with our content, they get in touch as a matter of urgency, so that we can evaluate your perspective on our service, and work with you on this.

To make sure that our content gets results, we ran pilots with schools and individuals that were willing to take part with our project. Schools and individuals that were having body image issues. We received excellent feedback from both schools, pupils and individual support, some of which you can find here, on [TRUST PILOT](https://uk.trustpilot.com/review/bodyimagecoach.co.uk)

👉🏽What’s the youngest age you can work with, with body image difficulties in school?

Our workshops start at age 11 to 25. We would assess each child on an individual basis.

👉🏿can we use your programme as an early intervention before eating disorders and BDD get out of hand?

Yes absolutely and this is what we advocate. Our service raises awareness and pinpoints who needs support, as well as heals.

👉🏻When is the best time to use your service?

We work best as an early intervention or when people are waiting for treatment through CAMHS or NHS

👉How much do you cost?

The full programme is £305.00 per person. Therapy / coaching 1-1s and peer support groups range between £40-£65 depending on school budgets and waiting times. We are funded across West Yorkshire for the program (not therapy).

👉 Can parents access and refer?

Yes. We want to make this as cost effective as possible for you and we have options, so let’s have a chat.

👉 What are your waiting times like?

For the full body image programme, the waiting is very low as the workshops are accessed at home usually. For 1-1 coaching and therapy/peer support, it depends on our waiting list but we aim to support you as soon as possible and our waiting list is never more than a few weeks.

👉 Can I attend the workshops with my child at home?

If you are a parent/carer and you are accessing this service for your child at home, yes, you can but only if permission is granted by your child first.

👉 Do you work with suicide ideation?

We have a duty of care to make sure that all children are safe, and we would take measures to do so, if a young person presented as high risk. This does not mean that we work with high-risk young people and after we have ensured that a person is safe, we would signpost to the appropriate service as our service is not for high risk young people. That being said, we can work along side a service that is working with someone to ensure their safety is met as this would be their priority. Our priority is to support a young person in their healing from body image difficulties.

👉 Do you work with self-harm?

Our service does not provide support for self-harm, but we can work alongside another service that does support a young person with self-harm.

👉 What if I am a parent or school and cannot afford the full programme?

Because we are a ‘not for profit’ service, we are able to accommodate your needs. Please speak to a member of staff to see if we can subsidise our service for you. We will do everything we can to support you, if it is possible. We may also have funding for your area.

👉 What happens to all the data that you collect around young people?

We evaluate our data so that we can find out if schools are influenced by any trends such as the ‘Andrew Tate’ videos. We hold all data for several years before it is archived or deleted. All data is strictly for our data purposes only and is not shared or sold.

👉 What makes you the best to go to?

We’ve been in this field of work for many years and most of our staff have lived experience of either body dysmorphic disorder, eating disorders, or struggles with their weight and body image. With this lived experience and as qualified and experienced staff, we feel that we can bring the best service to schools and parents. We are currently the only service to offer a full body image early intervention programme in animation.

👉 Will your service ever be free?

We continue to apply for funding so that we can deliver our service for free. This is always our aim. Join our newsletter and stay up to date with latest funding award and what our criteria is to deliver our service for free. We are currently free for West Yorkshire.