



MGEDT
men get eating
disorders too!

Supporting men with eating disorders,
carers and families to get their voices heard



Exploring Body Dissatisfaction in Men and Improving Their Self-esteem

Men Get Eating Disorders Too National Conference – Programme

Friday 17TH November, at the Brighthelm in central Brighton

8.45 – 9.15	Arrivals and registration
9.15-10.00	Welcome and introduction: Dave Chawner (Host and MGEDT Ambassador) and Debbie Roche (Chair) followed by Sam Thomas (Founder & Director)
10.00-10.45	Keynote presentation: (' <i>Why We Need to Change the Mental Health Conversation for Boys & Men</i> ') by Natasha Devon MBE (Author and Campaigner)
10.45-11.05	Presentation: (' <i>Body Dysmorphia & 'Muscle Dysmorphia in Men</i> ') Dr Rob Wilson (Therapist & Chair of The Body Dysmorphic Foundation)
11.05-11.20	Refreshments break
11.20-11.40	Presentation: (' <i>Body image in a social society</i> ') Danny Bowman (Mental Health Campaigner for Parliament Street & Founder of Bowman Foundation and MGEDT Trustee)
11.40-12.00	Presentation: (' <i>Embracing the whole - finding unity in eating disorders recovery through yoga</i> ') James Downs (Eating Disorder & Mental Health Advocate and MGEDT Trustee)
12.00-12.45	Workshops round 1 (Choice of three workshops)
12.45-1.30	Lunch
1.30-1.45	Presentation: (' <i>Exploring Men and Eating Disorders</i> ') schools film by Sam and Lynn Crilly (Hope with Mental Health)
1.45-2.15	Presentation: (' <i>Feel Happy Eating Fix</i> ') Maggie Morgan and Chris Podszus (Director of Communications & Stakeholder Engagement & Policy, Public Affairs and Research Officer at Fixers UK)
2.15-3.00	Workshop round 2 (Choice of three workshops)
3.00-3.15	Refreshments break
3.15-3.35	Presentation: (' <i>Boosting self-esteem with exercise recovery</i> ') Jenny Langley (Author of Boys Get Anorexia Too & Trainer for the Charlie Waller Memorial Trust),
3.35-3.45	Video Presentation: (' <i>The Dangers of Exercise Addiction and Eating Disorders</i> ') Troy Roness (US Eating Disorders Advocate)
3.45-4.00	Video Presentation: (' <i>Muscle Dysmorphia & anabolic-androgenic steroid dependence</i> ') Scott Griffiths (AU Eating Disorders Researcher)

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4.00-4.45	Q&A discussion: <i>'How do we improve men and boys body image and self-esteem?'</i>
4.45-5.00	Concluding remarks, feedback and thank-yous

Morning workshops

The Norwegian School of Sport Sciences - <i>Adolescent boy's body image, prevalence of disordered eating, dieting and exercise abuse (Part 1)</i>	James Downs <i>Yoga Taster - Mind and (e)Motion</i>	Confidence: discovering our needs <i>Sam Berey and James Fenner</i>
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Afternoon workshops

The Norwegian School of Sport Sciences - <i>Adolescent boy's body image, prevalence of disordered eating, dieting and exercise abuse (Part 2)</i>	James Downs <i>Yoga Taster - Mind and (e)Motion</i>	Confidence: discovering our needs <i>Sam Berey and James Fenner</i>
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Auditorium – Located on the ground floor opposite café area (where the presentations are delivered).

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