

# Living Life to the Full Supporter Newsletter

## June 2026

### In this edition:

- **BOOK A PLACE NOW - Practitioner/ Supporter Workshop: Supporting Overcoming Bingeing Online – 3 hour Online Workshop Thursday 18th June 2026 9.30am–12:30pm - includes two logins (for you and a client)**
- **Use a new dental anxiety app - free and available at Apple and Google Play stores**

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## Overcoming Bingeing Online



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### Practitioner/ Supporter Workshop: Supporting Overcoming Bingeing Online – 3 hour Online Workshop Thursday 18th June 2026 9.30am–12:30pm

**Are you a practitioner or supporter working with people who binge? We are delighted to bring you a 3 hour workshop for supporters/ practitioners on using the updated Overcoming Bingeing Online course working with people who binge.**

**There are still places on this workshop so why not book a place today? Even better you will receive codes to allow 2 users to access the Overcoming Bingeing Online course as part of the event. Read on for more information and a link to book a place on the workshop.**

Overcoming Bingeing Online can be used with support to help people facing problems of bingeing (including bulimia nervosa, binge eating, OFSED and other bingeing disorders). Read about the package here.

#### **Join us online and learn how to:**

- Introduce and support the package
- Address frequently asked questions
- Understand the vicious cycle of bingeing and how to break it
- Discover ways to reduce craving
- Review how the package addresses craving

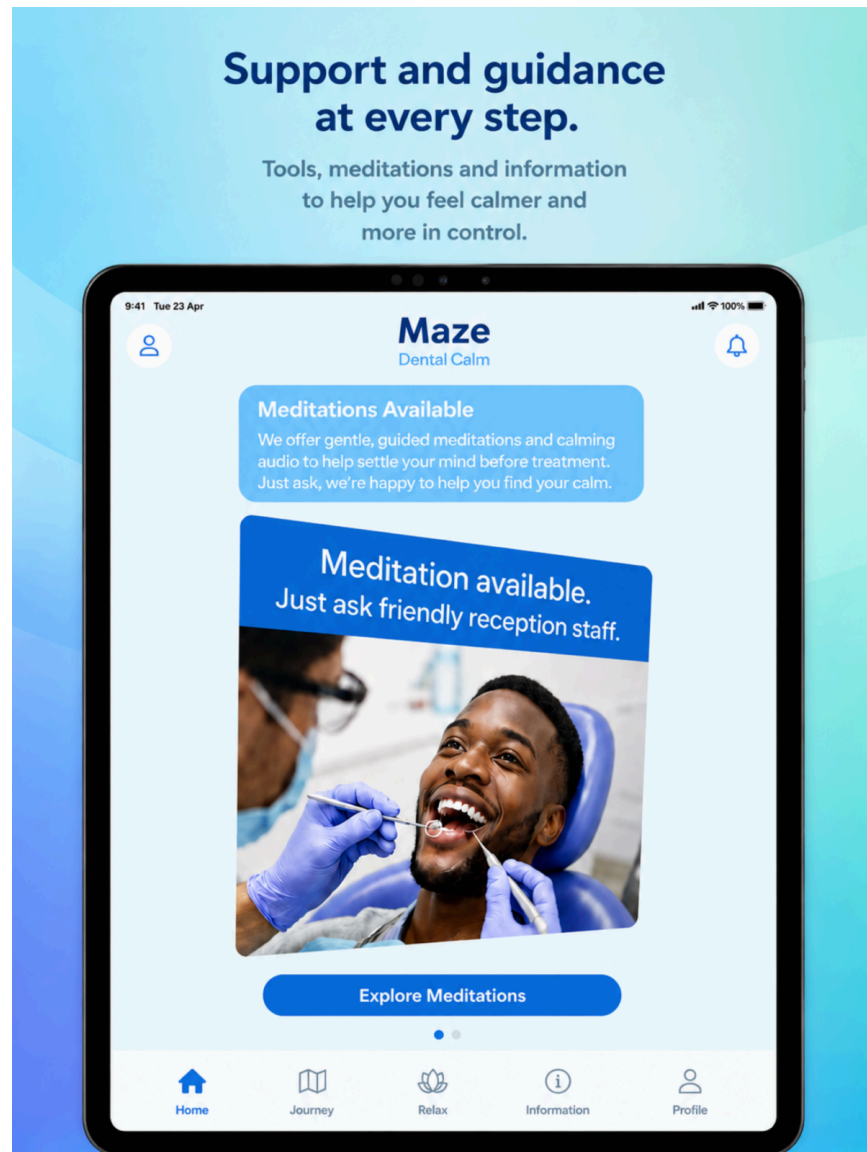
**What's included:**

- A 3-hour expert-led workshop
- Practical CBT-based tools that address the vicious cycle of bingeing including the rules of healthy eating
- Worksheets to explore and change low and anxious mood, anger, irritability and tackle practical or relationship issues and problems
- Included with your ticket is 12 months' access for two people to use the online course

**Discover OBO** - [click here](#)

**Interested in other training events?** Visit [www.lltff.com/training](http://www.lltff.com/training) for free and paid for practitioner/supporter courses.

BOOK THIS COURSE



**Wanting to help clients who live with the worlds most common phobia - dental anxiety?**

A powerful, easy-to-use resource to support patients struggling with dental anxiety. Ideal for practitioners to use with clients — or for individuals, families, and friends. Designed to help overcome one of the world's most common phobias: fear of the dentist.

Start building confidence and making dental care more accessible today  
... and it is **FREE**.

**Download it now**

**<https://mazedentalcalm.com/get-app>**

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