

## Consultant



Consultants have general and specialist expertise in emotional and physical health or biomedical science, and are available to all E-SaW Club members to help them deal with issues that are historic, or have arisen since they joined the Club. Importantly, consultants often work with issues that have nothing to do with food, exercise or drink.

Mentors and facilitators support members by helping them to understand our central programme the most out of them – but it is not necessary for them to have a biomedical, talking therapy or psychological qualification. Consultants, on the other hand, are invited, by the Club, to work with our members on life-issues which they feel are inhibiting their ability to be the size and weight that they want to be.

After a member joins the Club, they chat with their mentor, coach and, sometimes, consultant to consider the best date for them to commit the time and energy necessary to join a cohort of The E-SaW Guaranteed Permanent programme. Most members join very quickly, but some need additional advice, support and care before doing so.

Consultants are usually invited by the Club to be available to take referrals – they join a list of biomedical scientists, specialists and clinicians that we keep called 'The Trusted Consultants List' which Club clinicians use to match members' needs with the necessary skills. Many consultants also work as facilitators ([Click here to find out more about being a facilitator](#)).

Becoming a consultant is relatively simple. We need to list the consultant's specialties and give her or him a short training in the way that E-SaW Club membership and, in particular, the Club's central programme the E-SaW Guaranteed Permanent, works. Training for this is provided.

### As well as their qualification, what skills do consultants need?

- A real desire to benefit other people in their work.
- The ability to gain peoples' trust.
- High levels of personal ethics.
- The ability to understand, thoroughly, the way that the E-SaW Club works and, in particular, the material within The E-SaW Guaranteed Permanent programme. Training for this is provided.
- The ability to work within a group of people dedicated to improving people's health and happiness.
- An understanding of mindful attitudes or a willingness to be taught these.

### What qualifications do consultants need?

A qualification we recognise in a talking therapy, medicine, nursing, counselling, biomedical science, dietetics, human nutrition and dietetics, psychology or psychiatry.

Consultants must be insured and fully qualified in the work they are offering. There are certain other requirements regarding registration that we will discuss with each individual consultant applying.

Consultants need to have completed an 8 week approved Mindfulness based Cognitive Therapy (MBCT), Mindfulness-based Stress Reduction (MBSR) or a Mindfulness-based Pain and Anxiety course or be willing to do so as soon as possible. We can arrange an 8 week course for consultants.

### What training do consultants need to take - and how much is it?

Consultants need to hold the [Clinical Diploma in Size & Weight Practice](#) at The National Colleges - credits are given for relevant learning and experience.

If the consultant has not taken an 8 week approved Mindfulness based Cognitive Therapy (MBCT), Mindfulness-based Stress Reduction (MBSR) or a Mindfulness-based Pain and Anxiety course, then they take one with us which has enhanced tutoring to make sure that the consultant understands fully how the course works.

Consultants pay for their additional training through deductions from the fees they are paid. They do not need to pay upfront.

For more details, please [click here](#).



People taking these courses can also become [Registered Diabetes Prevention Practitioners](#) by adding a further short course.

*All fees are repaid through deductions from future fees unless the consultant ceases to be available to the Club (for example they refuse future referrals).*

### Where does training take place?

We work hard to provide training wherever the consultant is located. We will discuss this with you.

### What do consultants earn?

Consultants negotiate their rates with the Club and these depend on experience and the general or specialty support they are able to provide. Consultants often also work as facilitators and as local E-SaW Club owners ([more about being an owner here](#)). We are very happy to construct a workplan to maximise the availability of consultants.

### Are consultants self-employed?

Yes, unless they are employed in another capacity such as a facilitator or co-owner.