

2020 WA EATING DISORDERS BULLETIN

Updates and Professional Development Opportunities for Eating Disorders Identification, Assessment, Treatment and Support in Western Australia

Eating Disorders are serious mental illnesses, which pose a severe risk to an affected person's physical, emotional and psychosocial wellbeing.

Eating Disorders require intense treatment addressing nutrition, medical and mental health, and consistent family support.

Early identification and treatment improve outcomes significantly helping more people fully recover.

It is estimated that over 16% of the Australian population are affected by disordered eating and eating disorders, and about 9% of the population actually meet diagnosis for an eating disorder. Some medical conditions such as Type 1 diabetes increase the risk of disordered eating significantly with up to 35% of females with T1DM engaging in disordered practices. About 75% of people with a diagnosed eating disorder have one or more co-occurring other mental health problem at some point in their life. The mortality rate for people with eating disorders, particularly Anorexia Nervosa, is the highest amongst all psychiatric illnesses.

Why learn more?

Nine percent of Australians experience some form of eating disorder. This means that it is likely for close to 1 in 10 clients presenting to a health professional for any issue to struggle with an eating disorder. The ability to screen and identify eating disorders in primary care is essential for early diagnosis and initiation of treatment. Generalist training and professional development across medical, nutritional and mental health areas is currently limited regarding eating disorders literacy, recognition, assessment and treatment. It is unacceptable that a potential eating disorder is ignored or

patients are turned away because clinicians may have misperceptions about eating disorders, or feel ill equipped to manage the condition.

Working with clients with eating disorders requires a thorough understanding of these complex illnesses. It is imperative for clinicians to be able to identify and understand the severity of an eating disorder and convey this to the family and the affected person, advise them how to manage symptoms, and where to seek further help.

Clinical guidelines worldwide recommend a multidisciplinary approach to treatment. Each clinician involved needs to have adequate knowledge about the psychological, behavioural, medical and nutritional consequences and their treatment, and develop advanced clinical skills.

This edition is compiled and published by



and in addition to EDTEC training workshops features the following organisations:



ONLINE PROFESSIONAL DEVELOPMENT AND RESOURCES

“HealthPathways WA is a free web-based portal with information on referral and management pathways helping clinicians to navigate patients through the complex primary, community and acute health care system in Western Australia. HealthPathways WA is a secure portal designed to be used at the point of care by general practitioners during consultation.

The eating disorder pathways on HealthPathways include; eating disorders, anorexia nervosa, binge eating disorder, bulimia nervosa, pica, and eating disorders service information.

To access HealthPathways please email the [HealthPathways team](#).

Free modules or webinars:

<https://nedc.com.au/professional-development/e-learning/>

<https://insideoutinstitute.org.au/resource-library/the-foundations-of-eating-disorders>

Online learning accessible with payment or membership:

<https://insideoutinstitute.org.au/e-learning>

<http://www.anzaed.org.au/webinars-2-2/>

<https://www.aedweb.org/resources/webinars>

Videos addressing specific topics:

[NEDC Eating Disorders Explained](#)

[WSLHD – “Spot the Red Flags” Screening in primary care](#)

[Christopher Fairburn on CBT-E](#)

[An Update on Family Based Treatment for Adolescent Eating Disorders with James Lock \(AED webinar\)](#)

Printable resources:

[NEDC Resource for GPs](#)

[NEDC-Resource-Pharmacists](#)

[Dentistry and Eating Disorders](#)

[Pregnancy: A Guide for Assessment and Referral](#)

[NEDC Factsheets](#)

E BOOKS AVAILABLE FOR FREE AT THE WA STATE LIBRARY

The State Library of WA has a large collection of ebooks available to the public.

How to join for free:

Fill out the online form - <http://catalogue.slwa.wa.gov.au/selfreg~S2>

- You'll receive an email from the State Library.
- You'll need to provide evidence that you are a resident of Western Australia. Identification showing your residential address needs be faxed or scanned and emailed.

Allow 5 working days for a membership card to be sent to you. With the membership number, you can then login to access ebooks - http://slwa.wa.gov.au/find/eresources/e-books/ebooks_info

If you have any problems with registration, please contact the State Library (t. 9427 3111 or e. info@slwa.wa.gov.au)

Examples of books available:



EATING DISORDERS TRAINING AND EVALUATION CENTRE

EDTEC

Who we are

The Eating Disorders Training and Evaluation Centre (EDTEC) was established in 2007 as part of the Eating Disorders Service (EDS) at Princess Margaret Hospital, Psychological Medicine. It is now located at Perth Children's Hospital and comes under the umbrella of the Child and Adolescent Mental Health Service. EDTEC integrates research, translates research into clinical practice within the area of child and adolescent eating disorders, and provides training workshops, consultation and supervision with a focus on eating disorders in young people, but being applicable across the life span.

Prior to the establishment of the WA Eating Disorders Outreach and Consultation Service WAE-DOCS in 2016, it was the sole training organisation providing education, consultation and supervision to practitioners and health services in the state. EDTEC has an established annual training calendar regularly run since 2008, which is accessible to professionals within WA Health as well as private practice. Training modules are annually reviewed and updated to most recent research and evidence, and supported by the PCH EDS consumer advisory group and carer and consumer peer support workers.

What we offer

EDTEC delivers workshops on a variety of relevant topics to professionals from a wide range of backgrounds such as mental health clinicians, medical practitioners, allied health professionals, nurses, school nurses and school psychologists, teachers, counsellors and therapists. EDTEC also collaborates with other professional groups and non-profit organisations in organising workshops with internationally renowned researchers and speakers in the field of eating disorders with either professional interest or community focus. Supervision and consultation options are available via phone, videoconferencing, face to face consultation and professional peer support, provision of resources for clinical management such as General Practitioner resources, as well as supporting non-specialist hospital services with staff skills development and consultation on establishment of clinical pathways and protocols.

All our workshops are facilitated by experienced clinical multidisciplinary staff of the Eating Disorders Service.

Some workshops may be available via VC link and using Scopia or Telecall for rural/remote clinicians. Please contact us for information.

General Practitioners

General Practitioners play a vital role in the diagnosis and treatment of patients with eating disorders as they are often a patient's first point of contact when seeking help for an eating disorder and are a gateway to other health services. Therefore it is extremely important that GPs are aware and knowledgeable of the psychological and medical aspects of the disorders. Our training workshops are tailored for a multidisciplinary audience including medical practitioners. We also provide a specific GP training workshop via the YFD training through the AMA. Contact yfd@amawa.com.au for details. Additional workshops are available to GP networks and practices on request, and resources for clinical management are also available free of charge.

Schools

We provide professional development sessions to schools and youth organisations, and can provide consultation and resources for eating disorders prevention and early intervention.

For student and parent directed sessions, we can refer you to the Butterfly Foundation WA representative.

Training Requests

If you require training for your organisation, please contact us to discuss your training needs. If you are a public or community service, we provide workshops at low or no cost during office hours at your workplace to groups of 6 or more participants. Evening events can also be arranged. Videoconferencing may be available.

Please contact us for more details or to book specific training sessions for your workplace:



[Contact EDTEC](#)

EDTEC TRAINING INFORMATION

The content of all our workshops mapped against the National Eating Disorders Collaboration (NEDC) Workforce core competencies for the safe and effective identification of and response to eating disorders.

Competency areas:

1. General knowledge of the clinical features of eating disorders, common treatments and the individual experience of recovery
2. Ability to identify warning signs of eating disorders and disordered eating and to conduct initial assessment within the scope of usual professional role
3. Ability to engage the person with an eating disorder and family in a non-judgemental manner and to motivate engagement with relevant health services and treatments
4. Ability to support the person and their family to facilitate personal recovery
5. Ability to contribute to multi-disciplinary team assessment, care planning and treatment within scope of usual professional role
6. Knowledge of current clinical practices and standards in the treatment of eating disorders
7. Ability to deliver an evidence-based treatment for eating disorders


For more information and specific units of competency contained in the NEDC and ANZAED competency Framework, go to

<https://www.nedc.com.au/assets/NEDC-Resources/national-practice-standards-for-eating-disorders.pdf>

Applicable NSQHS Standards compliant



2020 Calendar of EDTEC Professional Events

PROFESSIONAL PEER SUPERVISION GROUP First Monday of each month, 4.30-6pm alternating with First Thursday of the month 8-9.30am	<i>Free of charge</i> Registrations essential, please email for a registration form. 
INTRODUCTION TO EATING DISORDERS: Day 1- IDENTIFICATION AND ASSESSMENT Day 2- MANAGEMENT STRATEGIES 14 th - 15 th May 2020, 9am-4pm (Thursday/Friday) 21 st - 22 nd September 2020, 9am-4pm (Monday/Tuesday)	<i>\$95 for each workshop day</i> Book below: Identification and Assessment Management Strategies
DIETITIAN BASICS WORKSHOP Wednesday 22 nd April 2020, 9am-4pm Monday 26 th October 2020, 9am-4pm	<i>\$95</i> Book here
DIETITIAN ADVANCED WORKSHOP Thursday 23 rd April 2020, 9am-4pm Tuesday 27 th October 2020, 9am-4pm	<i>\$95</i> Book here
FAMILY INTERVENTIONS FOR EATING DISORDERS Thursday 23 rd July 2020, 9am-4pm	<i>\$95</i> Book here
EARLY INTERVENTION FOR SCHOOLS- RECOGNISING ISSUES AND INITIATING INTERVENTION Thursday 5 th November 2020, 1.30- 5pm	<i>\$60</i> Book here



Eating Disorders Professional Peer Supervision

Why get involved?

Working with clients with eating disorders is complex, and requires clinicians to comprehensively engage with clients, families and other professionals involved in their care, and manage crisis situations and dynamics can be demanding for all involved. Significant knowledge and skills beyond individual professional training are necessary, which are enhanced by experience and reflection on professional practice. Studies have also shown that health care professionals may experience significant feelings of anger, helplessness, anxiety, over-involvement and stress, potentially leading to physical and emotional exhaustion, and burnout. These responses can be collectively classified as countertransference, which is inevitable and needs to be reflected on and managed. Generally, it is recommended that health professionals undertake clinical supervision as part of their work. Peer supervision can act as a useful tool to facilitate learning from each other across disciplines, and be a platform to discuss common themes such as countertransference issues, and consider professional and personal boundaries within one's work. A solid understanding of different roles and treatment methods also ensures professionals can be on the same page in supporting people towards recovery. These factors all contribute to professional peer group supervision forums being an ideal mechanism to support professionals to deliver the best possible care whilst developing their professional knowledge, skills and support networks.

Groups will be facilitated by mental health and allied health staff of the Eating Disorders Program, CAHS, CAMHS, who have professional experience with eating disorders in diverse settings.

Professionals working in both child/adolescent and youth/adult settings, across private practices and public services are welcome. Participation is free. The group will be a safe and confidential space to discuss cases, gain experience, develop new skills and build relationships.

Meetings are held in the centrally located Perth Children's Hospital on level 2 in Clinic K.

Videoconferencing is available for clinicians in rural/remote and areas outside of Perth metro. Please give at least a week notice if you wish to attend via VC.

The majority of people experiencing eating disorders obtain treatment and support within community settings. The EDP team are committed to supporting health professionals in Western Australia to provide the best possible care to individuals with an eating disorder and their families.

For a registration form, please contact [EDTEC](#)



INTRODUCTION TO EATING DISORDERS: IDENTIFICATION AND ASSESSMENT

This multidisciplinary workshop is designed as an introduction to understanding, identifying and assessing eating disorders across the life stages. The personal and family experience of eating disorders will be explored from a lived experience perspective. Information will be presented on epidemiology, phenomenology, diagnosis, life course, risk and causal factors. This session includes information on screening, engagement and comprehensive assessment. Details will be provided on specialist services available in WA.

Objectives:

By the end of this workshop, you will be able to

- describe the clinical features of eating disorders, and the individual and family journey to recovery from a lived experience perspective
- identify warning signs of eating disorders and disordered eating, apply a variety of screening tools, and describe multidisciplinary aspects of initial assessment with a focus on psychometric assessment tools
- engage clients with an eating disorder and their families in a non-judgemental manner and to motivate engagement with relevant health services and treatments
- identify the level of severity of an eating disorder which requires specialist intervention
- list referral options in Western Australia

Venue : [Perth Children's Hospital, QEII Medical Centre, Nedlands](#) [Book here](#)

INTRODUCTION TO EATING DISORDERS: MANAGEMENT STRATEGIES

This multidisciplinary workshop will explore treatment strategies for eating disorders. Emphasis will be on recognising presentations of eating disorders according to diagnosis, age, circumstances, history and motivation for change, and planning appropriate evidence based treatment incorporating multidisciplinary treatment aspects. Psychological, medical and nutritional treatment are highlighted using case studies. We will also explore the core therapeutic stance and the skills required to function as an individual clinician and as part of a team.

Objectives:

By the end of this workshop, you will be able to

- describe common evidence based treatments in detail as applied to various presentations including with particular focus on CBT, FBT, and motivational strategies
- outline strategies to support a person with an eating disorder and their family to facilitate recovery
- describe steps and details for multi-disciplinary team care plans and treatments considering appropriate care settings and risk aspects such as refeeding syndrome
- Identify current clinical practices and standards in the treatment of eating disorders

Venue: [Perth Children's Hospital, QEII Medical Centre, Nedlands](#) [Book here](#)

DIETITIAN WORKSHOP BASICS

This workshop is designed as an introduction to understanding, identifying and assessing, and managing eating disorders in dietetic practice. Participants will learn how to communicate effectively with clients in the context of potential ambivalence about engaging in treatment and denial of symptoms common in this group. Case based discussion will explore screening and comprehensive assessment of eating disorders. There will be a focus on nutritional and medical risk issues of starvation and binge/purge behaviours, and their safe management.

Objectives:

By the end of this workshop, you will be able to

- outline the clinical features of eating disorders
- describe the use of screening tools consistent with evidence-based guidelines and identify at risk individuals and groups
- describe in detail dietetic assessment for eating disorders including a person's dieting behaviours/ food choices and their background, meal preparation and set up, compensatory behaviours including excessive/ compulsive exercise, disordered use of insulin and inappropriate use of other medications or supplements, measuring/weighting behaviours, and other aspects
- use data to identify the associated physical risks and psychiatric complications of ED behaviours, including consequences of under-nutrition, starvation and compensatory behaviours
- describe the management of malnutrition across varying levels of severity and the appropriate treatment setting (inpatient/outpatient) considering medical and psychological risk, refeeding syndrome, gastro-intestinal concerns and nutritional requirements
- Identify professional and personal boundaries appropriate to one's level of experience, work setting and own personal triggers, describe ways to manage these

Venue: Perth Children's Hospital, QEII Medical Centre, Nedlands [Book here](#)

DIETITIAN WORKSHOP ADVANCED LEVEL

This workshop focuses on therapeutic approaches particularly useful in nutrition counselling for clients with eating disorders. Skills from various therapeutic approaches including CBT, motivational interviewing, and mindfulness, as well as assisting families in supporting a loved one with eating including aspects of FBT/FT-AN treatment and meal support will be explored.

Objectives:

By the end of this workshop, you will be able to

- describe common evidence based psychological treatments in detail as applied to various presentations with particular focus on CBT and FBT, and discuss the dietitian's role as part of a multidisciplinary team in those treatments
- Outline and demonstrate the techniques used in motivational interviewing
- Describe and apply the steps using a CBT formulation and various CBT techniques in a dietetic counselling session
- Outline aspects of family-led refeeding, and the dietitian's role in providing advice and coaching to families in meal support
- Describe various ways in which mindfulness can be useful in supporting a person with an eating disorder to manage eating and experience their body in a more positive way

Venue: Perth Children's Hospital, QEII Medical Centre, Nedlands [Book here](#)

FAMILY INTERVENTION FOR EATING DISORDERS

There is a clear place for family therapy in the treatment of eating disorders. Eating disorder family therapy (FBT; AN-FT, sometimes known as the 'Maudsley' approach) has emerged as the strongest evidence based treatment for adolescent anorexia nervosa, and there is increasing evidence of its efficacy in treating adolescent bulimia nervosa. Evidence is also accumulating for the efficacy of multifamily therapy formats, in which several families with a child with an eating disorder come together for intensive group treatment. Research is also starting to identify "what works for whom" in terms of moderators and mediators of successful family based treatment, which can assist to refine and individualise the implementation of family based treatments. This workshop will outline the key theoretical and practical elements of family based interventions for practitioners working with young people who experience eating disorders.

Objectives:

By the end of this workshop you will be able to:

- Describe the treatment models of Family Based Treatment (FBT) and Anorexia Nervosa-Family Therapy (AN-FT) in detail
- Outline the role of systemic family therapy, parent skills training, and multi-family therapy
- Identify potential barriers and mediators to effective treatment
- Apply the understanding and skills necessary to enhance and maintain family engagement
- List references and resources for ongoing support

This workshop is new to our training calendar.

Venue: [Perth Children's Hospital, QEII Medical Centre, Nedlands](#) [Book here](#)

EARLY INTERVENTION FOR SCHOOLS- RECOGNISING ISSUES AND INITIATING INTERVENTION

This workshop is particularly useful for professionals working with young people such as teachers, school nurses, counsellors, pastoral care staff, school psychologists, boarding house staff, and youth workers.

It provides a basic understanding of what eating disorders are, and how they affect a young person physically, emotionally and socially. Following a case study, the journey from initial concern for a young person, to taking appropriate steps to approach and speak to the young person and initiating intervention will be explored. There will be ample opportunity for networking and sharing experiences with other professionals working with youth.

Objectives:

By the end of this workshop, you will be able to

- Describe the spectrum of disordered eating as identified from appropriate healthy eating principles, and the etiologic factors involved in the development of eating disorders
- Outline symptoms indicating a potential eating disorder and other co-occurring physical and mental health conditions that may require assessment
- Explain the psychological background of eating disorders using metaphors and images; and describe the impact on a person's psychological health, and social and educational functioning
- Describe the issues/barriers when approaching a young person potentially denying their problematic behaviours and identify strategies to overcome these
- List and apply the necessary steps to take upon recognition of a potential eating disorder in a school or community environment
- Describe an appropriate support for children and youth with an eating disorder
- List referral options and pathways specific to Western Australia

Venue: [Perth Children's Hospital, QEII Medical Centre, Nedlands](#) [Book here](#)

Useful links for school resources:

<https://nedc.com.au/assets/NEDC-Resources/NEDC-Resource-Schools.pdf>

<https://www.kidsmatter.edu.au/sites/default/files/public/EatingDisorderResourceSchools.pdf>



Body Esteem Educator Training

Nedlands, WA – Thursday, 5th Nov 2020

Professional development, focused on supporting body confidence and healthy relationships with food and exercise in young people.

Please note, this is not a clinically focused training on eating disorders

Date	Thursday, 5 th November 2020
Time	9am – 1pm, includes morning tea
Venue	Perth Children's Hospital, QEII Medical Centre
Cost	\$170 (incl GST)
Book	https://thebutterflyfoundation.org.au/our-services/education/education-events/

Evidence based & prevention focused; exploring the risk & protective factors underpinning the development of disordered eating and eating disorders, early intervention and resources to support body esteem education. A great mix of contextual information, experiential learning and professional discussion.

Suitable for: educators, youth workers & community professionals working with young people of all genders aged 8 – 18.

You will explore:

- The spectrum of behaviours from healthy, unhealthy through to disordered
- Latest research and evidence based approaches to prevention – including gender perspectives
- The importance of healthy body esteem and knowledge of modifiable risk and protective factors
- How to foster a body positive environment through education, awareness and policy
- Implementing body esteem education and activities and resources to support body esteem
- Warning signs and early intervention - what to do if you suspect a young person is at risk

Registration fee includes:

- A copy of *Free to Be – A Body Esteem Resource* (Years 3- 12)
- Dove Self Esteem Project materials – Confident Me & digital clips

Contact:

education@thebutterflyfoundation.org.au

The Butterfly Foundation is Australia's largest charity supporting those affected by eating disorders and negative body image. Butterfly acknowledges the continued support of the Dove Self-Esteem Project.



EATING DISORDER ESSENTIALS

A two-day workshop for parents and carers



Parents, carers and families have an important role in supporting a loved one with an eating disorder!

To book your free place go to <https://www.trybooking.com/BHJQT>. Bookings essential.

This workshop will teach you:

- How an eating disorder affects physical health, emotions, developmental milestones and family relationships
- What you can do to support your loved one on their journey through an eating disorder towards recovery

2020 Workshop Dates

All workshops run from 9am-4pm on both days

Thu 30 th – Fri 31 st January	Thu 28 th – Fri 29 th May	Thu 24 th – Fri 25 th September
Thu 27 th – Fri 28 th February	Mon 29 th – Tue 30 th June	Thu 29 th – Fri 30 th October
Mon 23 rd – Tue 24 th March	Thu 30 th – Fri 31 st July	Thu 26 th – Fri 27 th November
Thu 30 th April – Fri 1 st May	Mon 24 th – Tue 25 th August	

What participants have told us:

"I have great hope about what we are embarking on and know we are not alone"

"The most helpful thing is getting a better understanding of what my child is going through"

"The workshops were all helpful, informative and delivered with compassion, thoughtfulness"

For more information email us on CAMHS.PCHOutpatientsEDP@health.wa.gov.au or phone us on (08) 64560201



strive

PERTH

is here to help parents & carers of people with eating disorders



strive

Support Teach Reassure Inform Validate Empower

EDFA is a national organisation focussing on supporting and advocating for carers of those with eating disorders. With two successful **strive** groups in Victoria, EDFA are thrilled to bring the concept to Perth so that parents & carers can meet, learn, feel supported & are empowered to help their loved ones through to recovery.

Commencing:
Tuesday 17th December, 2019
Time: **6.30-8.30pm**
Citiplace Community Centre
Perth Railway Station Complex

These meetings are both educational & a form of self-care. Please come along & help create a local support network in the
Greater Perth Region

Join EDFA for **\$25** annual membership to attend
or **\$10** per visit
Gold coin donation for tea/coffee/facilities

strive carer support groups will be run by EDFA trained facilitators who have lived experience as carers. There is much to be gained by meeting others who truly understand what you are going through & in knowing you are not alone.



strive

PERTH

Always the **3rd Tuesday of the month**
From **6.30pm-8.30pm**
At Citiplace Community Centre,
Upper Level Walkway, Shop 2,
Perth Railway Station Complex
378 Wellington Street

17th December 2019
21st January 2020
18th February 2020
17th March 2020
21st April 2020
19th May 2020
16th June 2020
21st July 2020
18th August 2020
15th September 2020
20th October 2020
17th November 2020
15th December 2020

enquiries to
✉ christine.naismith@edfa.org.au
🌐 www.edfa.org.au

Following many requests to make our support groups accessible to other areas, EDFA is pleased to announce the launch of our third national eating disorders parent & carer support group,

strive Perth

Please share with those who may need support in Western Australia



Supporting a Person with an Eating Disorder

The Parent/Partner Education and Support Program (PESP)
is for family members, partners/carers or friends who have a loved one with an eating disorder.

- Are you at a loss to understand the experiences of your family member, partner or friend who is experiencing an eating disorder?
- Do you experience guilt? Are you feeling confused, scared, worried or angry?
- Is it difficult to know where to look for help?

The Parent/Partner Education and Support Program (PESP) aims to:-

- Provide information about the nature of an eating disorder and of recovery in order to help people gain a deeper understanding of what their loved one may be experiencing.
- Acknowledge and strengthen family communications and to provide an opportunity for people to learn strategies for self-care.

***Hear from women who have recovered from an eating disorder themselves.
Gain resources that will assist you to support the recovery process.***

Date: 14th March 2020

Venue: Suite 6, Joondalup Lotteries House, 70 Davidson Terrace, Joondalup

Time: 9:30am-4:00pm - Lunch Provided

Cost: \$75 each or \$100 per couple

Friends/family members of those attending the current
BEP groups may attend for **FREE**
(Valid for 1 person, \$25 each additional person)

**REGISTRATION
IS ESSENTIAL**

To register or for more information phone
Womens Health & Family Services

9300 1566 or email BEP@whfs.org.au



The Body Esteem Program is supported by:



Government of Western Australia
Mental Health Commission

For parents/carers:

Eating Disorders Support + Skill Building Group for Family and Friends

The Centre for Clinical Interventions (CCI) Eating Disorders Program offers free two-part group for carers, family members, and/or friends of people with eating disorders. Based on Janet Treasure, Grainne Smith and Anna Crane's 2007 book *Skills-based learning for caring for a loved one with an eating disorder – the New Maudsley Method*, these interactive groups are designed to provide information about eating disorders in addition to giving participants the opportunity to share their personal experiences and to learn and practice helpful strategies relating to their loved ones eating disorder. Whether you are a parent, sibling, partner, extended family member, friend, housemate, or child of a person with an eating disorder, this group will be valuable for you. The groups will be held at regular intervals throughout 2018 at CCI. Topics to be discussed include:

- The nature and complex causes of eating disorders
- The impact of insufficient nutrition on how people think, behave and manage emotions
- Recognising signs of medical risk in a loved one with an eating disorder and how to respond
- Treatment options and helpful resources
- The challenge of recovery and how to support a loved one on the path to recovery
- The impact of eating disorders on relationships - Why carers should be involved and how they can help
- Helpful communication techniques

Groups run for 2.5 hours in the early evening and will be held on the same day across two consecutive weeks.

To register please phone 9227 4399 or email info.cci@health.wa.gov.au. Groups are ongoing, **please enquire for dates.**

Enhanced CBT for Eating Disorders Training Workshop

This workshop provides training in Enhanced Cognitive Behaviour Therapy (CBT-E), an evidence-based treatment used to treat the spectrum of eating disorders. This practical 2-day workshop will provide participants with:

- An overview of the issues relevant to treating people with eating disorders
- A comprehensive overview of CBT-E
- An understanding of how the trans-diagnostic approach of CBT-E can be used with the full range of eating disorders seen in clinical practice
- Demonstrations of behavioural & cognitive interventions used in CBT-E

Level: **Advanced**

Click [here](#) to register, or for further information you can [contact](#) our Training Coordinator.

Date: 30th-31st March 2020. Registrations close 12th March 2020.

Venue: 223 James St, Northbridge.

CCI resources:

<https://www.cci.health.wa.gov.au/Resources/For-Clinicians/Eating-Disorders>

<https://www.youtube.com/channel/UCLA7ZPTJY1U6pXypCEKM8gQ/videos>



WA Eating Disorders Outreach & Consultation Service (WAEDOCS) Education Calendar 2020

Program	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
2 Day Enhanced Cognitive Behavioural Therapy for Eating Disorders (CBT-E)		7&8										
Eating Disorders- Essentials for Psychologists			20									
Eating Disorders – Essentials Workshop for Nurses on the Management of Eating Disorders in Adults (Face to Face)			6					21			20	
Eating Disorders – Essentials Workshop for Mental Health Nurses (Face to Face)										23		
Eating Disorders – Essentials workshop for Nurses on the management of Eating Disorders in Adults (via Telehealth)									7			
Eating Disorders – Essentials workshop for Mental Health Nurses (via Telehealth)						22						
Eating Disorders- Essentials for Dietitians (Introduction)					28							
Eating Disorders- Master Class for Dietitians (Advanced)									10			

Further information on the study days can be found below.

Whilst we have a small service FTE, please be advised that if you would like to host your own Eating Disorder education for >20 people per event, WAEDOCS is also able to provide a limited number of service specific educations workshops per year. If you would like to consider this option please contact us via email at WAEDOCS@health.wa.gov.au

Enhanced Cognitive Behaviour Therapy for Eating Disorders (CBT-E)

Workshop for Psychologists and other Mental Health Practitioners

Presented by Western Australia Eating Disorders Outreach and Consultation Service (WAEDOCS)

With recent changes in the Medicare Benefits Scheme (MBS) regarding increased provision of treatment for people with eating disorders, this workshop is aimed at mental health professionals planning to provide eating disorders treatment for Youth (≥ 16 years) and Adults.

Enhanced Cognitive Behaviour Therapy (CBT-E) was developed in the UK by Christopher Fairburn, out of CBT for Bulimia Nervosa. From his transdiagnostic theory, which states that all eating disorders share similar core psychopathology, he enhanced his original treatment and made it transdiagnostic, applicable to all eating disorders and adolescents as well as adults. Research suggests it is effective for all eating disorders.

This collaborative workshop will include information on:

- An overview of the issues relevant to treating people with eating disorders
- Theoretical background and research base of CBT-E
- A comprehensive introduction to Enhanced Cognitive Behaviour Therapy (CBT-E)
- An understanding of how the transdiagnostic approach of CBT-E can be used with the full range of eating disorders seen in clinical practice
- Demonstrations of behavioural & cognitive interventions used in CBT-E
- Opportunities to practice skills

The training will involve didactic, interactive and experiential practise opportunities. Prior knowledge of understanding eating disorders and basic CBT principles is assumed.

Date & Time: Friday and Saturday February 7 & 8, 2020 09:00 – 16:30

Location: WAEDOCS, Level 1, D Block, Sir Charles Gairdner Hospital, Nedlands, WA

Cost: \$200.00 + GST (or free to NMHS Staff)

Presenter: Anthea Fursland PhD, FAED

Dr Anthea Fursland is a Consultant Clinical Psychologist who has worked in the eating disorders field for 39 years, previously in the UK and the US. She is the Director of WAEDOCS and past Director of the Centre for Clinical Interventions (CCI). She and Dr Sue Byrne introduced CBT-E to Australia in 2005, and since then, Dr Fursland has provided training and ongoing consultation to clinicians in WA, QLD, NSW, VIC, TAS and SA. She has co-authored several peer-reviewed papers and created a web-based self-help resource:

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Disordered-Eating>

This training will be particularly useful for private practice clinicians in light of the new dedicated Medicare Benefits Scheme item number for eating disorder treatment commencing November 2019.

Please note places for the workshop are strictly limited



Registrations Close: Friday January 24 2020 at 4pm

Registration forms can be requested at WAEDOCs@health.wa.gov.au and returned to us for processing. Once your completed form has been received we will confirm your place via email. Should you have any enquiries, please contact us on 1300 620 208 or email us at WAEDOCs@health.wa.gov.au

WAEDOCs – CBT-E Eating Disorders Workshop February 7 & 8

Preliminary Program Outline (subject to change)

Time	Day 1	Day 2
08:30 – 09:00	Registration and housekeeping	
09:00 – 10:30	Introductions Working with people with eating disorders Psychoeducation	Working with low weight Progress Review (Stage 2) Addressing Overvaluation (Stage 3) <ul style="list-style-type: none"> • Overview
10:30 – 10:45	Morning Tea	
10:45 – 12:30	CBT-E overview CBT-E Stage 1 Interventions: Assessment Case Formulation	<ul style="list-style-type: none"> • Identifying overvaluation & addressing marginalisation of other areas of life • Checking/avoidance
12:15 – 13:15	Lunch	
13:15 – 14:45	Self-monitoring Regular weighing Regular eating	<ul style="list-style-type: none"> • “Feeling fat” Addressing dietary rules Mindsets
14:45 – 15:00	Afternoon Tea	
15:00 – 16:30	Binge management Mood intolerance Reflection Day 1	Maintenance and Relapse Prevention (Stage 4) Overview of Broad Form of CBT-E Reflection Day 2, Q and A

This workshop meets the National Practice Standards criteria developed by the National Eating Disorders Collaboration (NEDC) and is supported by the Australia and New Zealand Academy for Eating Disorders (ANZAED).



This workshop addresses NSQHS Standards 1, 2, 5, 6 and 8

Eating Disorders – Essentials for Psychologists

Workshop for Psychologists on Management of Eating Disorders in Youth and Adults

Presented by the Western Australia Eating Disorders Outreach and Consultation Service (WAEDOCS)

Date & Time: Friday 20th March 2020 09:00 – 16:30

Location: WAEDOCS, Level 1 D Block, Sir Charles Gairdner Hospital, Nedlands, WA

Cost: \$140.00 + GST (or free to NMHS)

Presenter: Anthea Fursland PhD, FAED

Please note places for the workshop are strictly limited

This collaborative workshop will include information on:

- The various types of eating disorders.
- Risk assessment and inpatient admission criteria
- Medical, nursing and dietetic care - inpatient and outpatient
- Mental health treatment - inpatient and day patient care
- Normalising eating in all settings of care
- Psychological care in all settings of care

This workshop is for psychologists across all care settings who would like to learn more about eating disorders and those psychologists who already treat individuals with an eating disorder and who would like to consolidate their learning. This program is relevant to the treatment of those aged ≥ 16 years. It includes activities, group work and case studies, a presentation from someone with a lived experience of an Eating Disorder and input from a multi-disciplinary team specialising in Eating Disorder care and treatment.



This workshop addresses NSQHS Standards 1, 2, 5, 6, and 8

Registrations Close: Friday 6th March 2020 at 4pm

Registration forms can be requested at WAEDOCS@health.wa.gov.au and returned to us for processing. Once your completed form has been received we will confirm your place via email. Should you have any enquiries, please contact us on 1300 620 208 or email us at WAEDOCS@health.wa.gov.au

WAEDOCS - Eating Disorders Workshop

Date: Friday 20th March 2020

Facilitator: Anthea Fursland

Team Speakers: Melissa Edwin, Jan Fountaine, Fintan O'Looney

Preliminary Program Outline (subject to change)

Time	Title	Speaker
8:30 – 9:00	Registration	
9:00 – 9:30	Housekeeping, intros, Aims & objectives of the day	Anthea Fursland
9:30 – 10:30	Overview of eating disorders and principles of psychological care	Anthea Fursland
10:30 – 11:00	Morning Tea	
11:00 – 11:45	Risk assessment and inpatient admission criteria. Inpatient multi-disciplinary management	Jan Fountaine
11:45 – 12:30	Reversing the physical effects of starvation. Normalising eating in all settings of care	Melissa Edwin
12:30 – 13:15	Lunch	
13:15 – 14:00	MH inpatient and day patient care (public and private), meal support	Fintan O'Looney
14:00 – 14:45	Lived experience/peer support	TBA
14:45 – 15:15	Afternoon Tea	
15:15 – 16:30	Components of psychological treatments in all levels/settings of care	Anthea Fursland
16:30 – 17:00	Q & A	

This workshop meets the National Practice Standards criteria developed by the National Eating Disorders Collaboration (NEDC)



This workshop addresses NSQHS Standards 1, 2, 5, 6 and 8

Eating Disorders - Essentials

1 Day Workshop for Nurses on Management of Eating Disorders in Adults

Presented by the Western Australia Eating Disorders Outreach and Consultation Service (WAEDOCS)

Date & Time: Friday 6th March or Friday 21st August or Friday 20th November 2020
07:45 – 16:00

Location: WAEDOCS, Level 1, D Block, Sir Charles Gairdner Hospital, Nedlands, WA

Cost: \$90.00 + GST (or free to NMHS Staff)

Presenters: Jan Fountaine – Nurse Practitioner, Cert MH, BSc & MSc Nursing, &
Adjunct Lecturer - The University of Notre Dame

Melissa Edwin – Senior Dietitian, APD/AN

Fintan O'Looney – Clinical Nurse Specialist – Mental Health

This collaborative workshop will include information on:

- The neurobiology of Eating Disorders
- The importance of effective communication and meal support therapy.
- Best practice medical and nursing management.
- Medicolegal aspects of care
- Starvation syndrome & refeeding
- Recovery from an Eating Disorder- the lived experience

This workshop is for nurses who would like to learn more about Eating Disorders or those nurses in an area of higher responsibility who would like to consolidate their learning. This program includes activities, group work and a presentation from a lived experience Eating Disorder perspective.



This workshop addresses NSQHS Standards 1,2,5,6 and 8

Registrations Close: Friday 21st Feb for 6th March, Friday 7th August for 21st August & Friday 6th November for 20th November 2020 at 4pm

Registration forms can be requested at WAEDOCS@health.wa.gov.au and returned to us for processing. Once your completed form has been received we will confirm your place via email. Should you have any enquiries, please contact us on 1300 620 208 or email us at WAEDOCS@health.wa.gov.au

WAEDOCs Eating Disorders – Essentials For Nurses 1 Day Workshop



Dates: Friday 6th March or Friday 21st August or Friday 20th November 2020

Facilitators: Jan Fountaine, Melissa Edwin, Fintan O'Looney

Preliminary Program Outline (subject to change)

Time	Title	Speakers
07:45 – 08:00	Registration and housekeeping	Jan Fountaine
08:00 – 08:10	Welcome to country Aims & Objectives of the day	Jan Fountaine
08:10 – 08:20	Introduction to WAEDOCs	Jan Fountaine
08:20 – 10:00	Risk assessment, management, medicolegal aspects, discharge planning (via case study)	Jan Fountaine
10:00 – 10 :20	Morning Tea	
10:20 – 11:00	Neurobiology and comorbidities	Jan Fountaine
11:00 – 11:45	Starvation syndrome & refeeding	Melissa Edwin
11:45 – 12:30	Challenging thoughts and feelings	Fintan O'Looney
12:30 – 13:00	Lunch	
13:00 – 14:00	Therapeutic communication and meal support	Fintan O'Looney
14:00 – 14:15	Afternoon Tea	
14:15 – 15:00	Preventing staff burnout	Jan Fountaine
15:00 – 15:45	Recovery from an Eating Disorder	TBA
15:45 – 16:00	Evaluation of study day aims / objectives	Jan Fountaine

This workshop meets the National Practice Standards criteria developed by the National Eating Disorders Collaboration (NEDC)



This workshop addresses NSQHS Standards 1, 2, 5, 6 and 8

Eating Disorders - Essentials

1 Day Workshop for Mental Health Nurses on Management of Eating Disorders in Adults

Presented by the Western Australia Eating Disorders Outreach and Consultation Service (WAEDOCS)

Date & Time: Friday 23rd October 2020 07:45 – 16:00

Location: WAEDOCS, Level 1, D Block, Sir Charles Gairdner Hospital, Nedlands, WA

Cost: \$90.00 + GST (or free to NMHS Staff)

Presenters: Jan Fountaine – Nurse Practitioner, Cert MH, BSc & MSc Nursing, & Adjunct Lecturer - The University of Notre Dame

Melissa Edwin – Senior Dietitian, APD/AN

Fintan O'Looney – Clinical Nurse Specialist – Mental Health

This collaborative workshop will include information on:

- Overview of Eating Disorders
- Biological-psychological axis of ED's
- Role of MH nurse in nutrition
- ED and co-occurring mental health issues
- Inpatient MHU management of ED
- Meal support/supervision
- Community management of ED / Use of MHA/CTO's
- Therapeutic burnout/self-care
- Lived experience

This workshop is for nurses who would like to learn more about Eating Disorders or those nurses in an area of higher responsibility who would like to consolidate their learning. This program includes activities, group work and a presentation from a lived experience Eating Disorder perspective.



This workshop addresses NSQHS Standards 1,2,5,6 and 8

Registrations Close: Friday 9th October 2020 at 4pm

Registration forms can be requested at WAEDOCS@health.wa.gov.au and returned to us for processing. Once your completed form has been received we will confirm your place via email. Should you have any enquiries, please contact us on 1300 620 208 or email us at WAEDOCS@health.wa.gov.au

WAEDOCs Eating Disorders – Essentials For Mental Health Nurses 1 Day Workshop



Date: Friday 23rd October 2020 07:45 – 16:00

Facilitators: Fintan O’Looney, Jan Fountaine, Melissa Edwin

Preliminary Program Outline (subject to change)

Time	Title	Speaker
07:45 – 08:00	Registration and housekeeping	Fintan O’Looney
08:00 – 08:10	Aims & Objectives of the day	Fintan O’Looney
08:10 – 08:20	Ice breaker	Fintan O’Looney
08:20 – 08:35	Overview of Eating Disorders	Fintan O’Looney
08:35 – 09:15	Biological-Psychological axis of ED	Jan Fountaine
09:15-10:00	Importance of nutrition / portion sizing	Melissa Edwin
10:00– 10 :20	Morning Tea	
10.20- 11.00	Use of MHA/CTO’s	Fintan O’Looney
11.00- 11.45	ED’s and co-occurring mental health issues	Fintan O’Looney
11:45- 12:30	Meal support/supervision	Fintan O’Looney
12:30– 13.00	Lunch	
13:00 – 14:00	Inpatient MHU/Community management of ED	Fintan O’Looney
14:00- 14:15	Afternoon Tea	
14:15 – 15:00	Self- care/Burnout	Jan Fountaine
15:00 – 15:45	Lived Experience	TBA
15:45 – 16:00	Evaluation of study day aims / objectives	Fintan O’Looney

This workshop meets the National Practice Standards criteria developed by the National Eating Disorders Collaboration (NEDC)



This workshop addresses NSQHS Standards 1,2,5,6 and 8

Eating Disorders - Essentials

1 Day Telehealth Workshop for Nurses on Management of Eating Disorders in Adults

Presented by the Western Australia Eating Disorders Outreach and Consultation Service (WAEDOCS)

Date & Time: Monday 7th September 2020 07:45am – 4:00pm

Location: Via Telehealth Network – login details will be sent to registered attendees

Cost: \$30.00 + GST (or free to NMHS Staff)

Presenters: Jan Fountaine – Nurse Practitioner, Cert MH, BSc & MSc Nursing, & Adjunct Lecturer - The University of Notre Dame

Melissa Edwin – Senior Dietitian, APD/AN

Fintan O’Looney – Clinical Nurse Specialist – Mental Health

This collaborative workshop will include information on:

- The neurobiology of Eating Disorders
- The importance of effective communication and meal support therapy.
- Best practice medical and nursing management.
- Medicolegal aspects of care
- Starvation syndrome & refeeding
- Recovery from an Eating Disorder- the lived experience

This workshop is for nurses who would like to learn more about Eating Disorders or those nurses in an area of higher responsibility who would like to consolidate their learning. This program includes activities, group work and a presentation from a lived experience Eating Disorder perspective.



This workshop addresses NSQHS Standards 1,2,5,6 and 8

Registrations Close: Monday 31st August 2020 at 4pm

Registration forms can be requested at WAEDOCS@health.wa.gov.au and returned to us for processing. Once your completed form has been received we will confirm your place via email. Should you have any enquiries, please contact us on 1300 620 208 or email us at WAEDOCS@health.wa.gov.au

WAEDOCs Eating Disorders – Essentials For Nurses 1 Day Workshop



Date: Monday 7th September 2020 08:00 – 15:45

Facilitators: Jan Fountaine, Melissa Edwin, Fintan O'Looney

Preliminary Program Outline (subject to change)

Time	Title	Speakers
08:00- 08:15	Welcome to country- Aims & Objectives of the day	Jan Fountaine
08:15 – 09:45	Risk assessment, management, medicolegal aspects, discharge planning (via case study)	Jan Fountaine
09:45 – 10:00	Morning Tea	
10:00-11:00	Neurobiology and comorbidities	Jan Fountaine
11:00- 12:00	Starvation syndrome & refeeding	Melissa Edwin
12:00- 12:45	Challenging thoughts and feelings	Fintan O'Looney
12:45– 13.15	Lunch	
13:15 –14:15	Therapeutic communication and meal support	Fintan O'Looney
14:15- 14.30	Afternoon Tea	
14:30 – 15:00	Preventing staff burnout	Jan Fountaine
15:00 – 15:30	Recovery from an Eating Disorder	TBA
15:30: 15:45	Evaluation of study day aims/ objectives	Team

This workshop meets the National Practice Standards criteria developed by the National Eating Disorders Collaboration (NEDC)



This workshop addresses NSQHS Standards 1,2,5,6 and 8

Eating Disorders - Essentials

1 Day Telehealth Workshop for Mental Health Nurses on Management of Eating Disorders in Adults

Presented by the Western Australia Eating Disorders Outreach and Consultation Service (WAEDOCS)

Date & Time: Monday 22nd June 2020 08:00 – 15:30

Location: Via Telehealth Network – login details will be sent to registered attendees

Cost: \$30.00 + GST (or free to NMHS Staff)

Presenters: Jan Fountaine – Nurse Practitioner, Cert MH, BSc & MSc Nursing, & Adjunct Lecturer - The University of Notre Dame

Melissa Edwin – Senior Dietitian, APD/AN

Fintan O'Looney – Clinical Nurse Specialist – Mental Health

This collaborative workshop will include information on:

- Overview of Eating Disorders
- Biological-psychological axis of ED's
- Role of MH nurse in nutrition
- ED and co-occurring mental health issues
- Inpatient MHU management of ED
- Meal support/supervision
- Community management of ED / Use of MHA/CTO's
- Therapeutic burnout/self-care
- Lived experience

This workshop is for nurses who would like to learn more about Eating Disorders or those nurses in an area of higher responsibility who would like to consolidate their learning. This program includes activities, group work and a presentation from a lived experience Eating Disorder perspective.



This workshop addresses NSQHS Standards 1,2,5,6 and 8

Registrations Close: Monday 8th June 2020

Registration forms can be requested at WAEDOCS@health.wa.gov.au and returned to us for processing. Once your completed form has been received we will confirm your place via email. Should you have any enquiries, please contact us on 1300 620 208 or email us at WAEDOCS@health.wa.gov.au

WAEDOCs Eating Disorders – Essentials For Mental Health Nurses 1 Day Workshop



Date: Monday 22nd June 2020 08:00 – 15:30

Presenters: Fintan O'Looney, Jan Fountaine, Melissa Edwin

Preliminary Program Outline (subject to change)

Time	Title	Speakers
08:00 – 08:10	Aims & Objectives of the day	Fintan O'Looney
08:10 – 08.35	Overview of Eating Disorders	Fintan O'Looney
0835– 09:15	Biological-Psychological axis of ED	Jan Fountaine
09:15-10:00	Importance of nutrition /portion sizing	Melissa Edwin
10:00– 10 :15	Morning Tea	
10.15- 10.45	Use of MHA/CTO's	Fintan O'Looney
10.45- 11.30	ED's and co-occurring mental health issues	Fintan O'Looney
11:30- 12:00	Meal support/supervision	Fintan O'Looney
12:00– 12:45	Lunch	
12:45– 13:30	Inpatient MHU/Community management of ED	Fintan O'Looney
14:00- 14:15	Self- care/Burnout	Jan Fountaine
14:15 – 14:30	Afternoon Break	
14:30 – 15:00	Lived Experience	TBA
15:00: 15:30	Evaluation of study day aims/ objectives	Fintan O'Looney

This workshop meets the National Practice Standards criteria developed by the National Eating Disorders Collaboration (NEDC)



This workshop addresses NSQHS Standards 1,2,5,6 and 8

Eating Disorders – Essentials for Dietitians

Workshop for Dietitians on Management of Eating Disorders in Youth (>16 years) and Adults.

Presented by the Western Australia Eating Disorders Outreach and Consultation Service (WAEDOCS)

Date & Time: Thursday 28th May 2020 08:00 – 17:00

Location: WAEDOCS, Level 1, D Block, Sir Charles Gairdner Hospital, Nedlands, WA

Cost: \$100.00 + GST (or free to NMHS staff)

Please note places for the workshop are strictly limited

This collaborative workshop will include information on:

- Introduction to eating disorders and dietetics risk assessment for eating disorders
- Understanding the neurobiology and effects of starvation of eating disorders
- Best practice medical and nursing management
- Communicating for a collaborative relationship
- Normalising eating for individuals living with an eating disorder
- Identifying evidenced based psychological treatment modalities for eating disorder management
- Improve understanding of navigating care for a person living with an eating disorder

This workshop is for dietitians across all care settings who would like to learn more about eating disorders or those dietitians who already manage individuals living with an eating disorder who would like to consolidate their skills. This program includes activities and group work and input from a multi-disciplinary team specialising in Eating Disorder care and treatment.

This training will be particularly useful for private practice dietitians in light of the new dedicated Medicare Benefits Scheme (MBS) item number for eating disorder treatment and Australia and New Zealand Academy of Eating Disorders (ANZAED) practice guidelines. Note: By completing this workshop and Eating Disorders – Masterclass for Dietitians (advanced practice), private practising dietitians will meet ANZAED dietetic practice standards and as per ANZAED recommendations to Medicare for dietitians accessing MBS.



This workshop addresses NSQHS Standards 1, 2, 5, 6 and 8

Registrations Close: Thursday 14th May at 4pm

Registration forms can be requested at WAEDOCS@health.wa.gov.au and returned to us for processing. Once your completed form has been received we will confirm your place via email. Should you have any enquiries, please contact us on 1300 620 208 or email us at WAEDOCS@health.wa.gov.au



WAEDOCS - Eating Disorders Workshop

Date: Thursday 28th May 2020 08:00 – 17:00

Facilitators: Melissa Edwin, Jan Fountaine

Preliminary Program Outline (subject to change)

Time	Title	Speaker
08:00 – 08:15	Registration and housekeeping	Melissa Edwin
08:15 – 08:45	Aims & objectives of the day and Introductions	Melissa Edwin
08:45 – 10:15	Introduction to eating disorders including dietetics assessment and risk assessment	Melissa Edwin
10:15 – 10:30	Morning Tea	
10:30 – 11:30	Neurobiology of eating disorders	Jan Fountaine
11:30– 12:30	Medical and nursing management in an inpatient and community setting	Jan Fountaine
12:30 – 13:00	Lunch	
13:00 – 13:45	The lived experience / peer support	TBA
13:45 – 15:00	Reversing the physical and psychological effects of starvation / Normalising Eating	Melissa Edwin
15:00 – 15:15	Afternoon Tea	
15:15 – 16:15	Communication for a collaborative relationship	Melissa Edwin
16:15 – 16:45	Treatment modalities and navigation	Melissa Edwin
16:45 – 17:00	Question time / Evaluation of study day aims & objectives	Melissa Edwin

This workshop meets the National Practice Standards criteria developed by the National Eating Disorders Collaboration (NEDC) and is supported by the Australia and New Zealand Academy for Eating Disorders (ANZAED).



This workshop addresses NSQHS Standards 1, 2, 5, 6 and 8

Eating Disorders – Masterclass for Dietitians

Advanced Dietetic Practice Workshop on the Management of Eating Disorders for Youth (>16 years) and Adults.

Presented by the Western Australia Eating Disorders Outreach and Consultation Service (WAEDOCS)

Date & Time: Thursday 10th September 2020 08:00AM – 05:00PM

Location: WAEDOCS, Level 1, D Block, Sir Charles Gairdner Hospital, Nedlands, WA

Cost: \$100.00 + GST (or free to NMHS staff)

Presenters: Melissa Edwin – Senior Dietitian, APD/AN, WAEDOCS

Kate Fleming – Principle Dietitian, APD/AN, The Swan Centre

Sonya Douglas – Principle Dietitian, APD/AN, Dietwise Nutrition Clinics

Nikki Cummings – Principle Dietitian, PhD, APD/AN, Optimal Intake

Pre-requisite: Attendees must have attended the WAEDOCS Essential for Dietitians Workshop (introduction) as a prior knowledge of understanding eating disorders and dietetic practice is required

Please note places for the workshop are strictly limited

This collaborative workshop will include information on:

- Identifying and managing populations at increased risk of developing eating disorders
- Increase the dietitian's working knowledge and skills in delivering evidence based psychological treatments within a dietetic scope of practice for individuals living with an eating disorder (FBT, CBT-E, BED/HAES®)
- Be able to apply working knowledge into every day dietetic practice

This masterclass is for dietitians across all care settings who would like to build on existing eating disorders knowledge with more advanced practice skills. This masterclass is particularly useful for private practising dietitians to enable them to complete training as part of ANZAED dietetics practice standards. This masterclass includes didactic, interactive and experiential practise opportunities.



This workshop addresses NSQHS Standards 1, 2, 5, 6 and 8

Registrations Close: Thursday 3rd September 2020 at 4pm



Registration forms can be requested at WAEDOC@health.wa.gov.au and returned to us for processing. Once your completed form has been received we will confirm your place via email. Should you have any enquiries, please contact us on 1300 620 208 or email us at WAEDOC@health.wa.gov.au

WAEDOC - Eating Disorders Workshop

Date: Thursday 10th September 2020 07:45 – 17:00

Facilitators: Melissa Edwin, Sonya Douglas, Kate Fleming, Nikki Cummings

Preliminary Program Outline (subject to change)

Time	Title	Speaker
07:45 – 08:00	Registration and housekeeping	Melissa Edwin
08:00 – 08:15	Aims & objectives of the day and Introductions	Melissa Edwin
08:15 – 09:15	Eating disorder management for special populations	Melissa Edwin
09:15 – 10:15	Eating disorders and paediatric management (<16 years)	Kate Fleming
10:15 – 10:30	Morning Tea	
10:30 – 12:30	Understanding FBT and the role of the dietitian	Kate Fleming
12:00 – 12:30	Lunch	
12:30– 14:30	Understanding CBT-E and the role of the dietitian	Sonya Douglas
14:30 – 15:00	Understanding BED and principles of Health At Every Size (HAES)	Nikki Cummings
15:00 – 15:15	Afternoon Tea	
15:15 – 16:45	Understanding BED and principles of Health At Every Size (HAES) (continued)	Nikki Cummings
16:45 – 17:00	Question time / Evaluation of study day aims & objectives	Team

This workshop meets the National Practice Standards criteria developed by the National Eating Disorders Collaboration (NEDC) and is supported by the Australia and New Zealand Academy for Eating Disorders (ANZAED).



This workshop addresses NSQHS Standards 1, 2, 5, 6

This resource is compiled by EDTEC for all Western Australian organisations providing training, education and professional development in the field of eating disorders. The WA organisations, and national or visiting interstate organisations featured are:

WAEDOCS “Eating Disorders Are Everyone’s Business”

The WA Eating Disorders Outreach & Consultation Service (WAEDOCS) is a Statewide Service that aims to ensure youth and adults in WA with an eating disorder can access optimal best practice care. This will be facilitated through up-skilling and inspiring health care professionals to deliver evidence-based high quality eating disorders care.

WAEDOCS is a multi-disciplinary team comprising a nurse practitioner, consultant clinical psychologist, consultant liaison psychiatrist, specialist physician, senior dietitian, clinical nurse specialist (mental health) and peer support worker.

[Contact WAEDOCS](#)

Centre for Clinical Interventions

CCI has an established specialist community-based psychological service for youth and adults with eating disorders. It offers a range of one and two day training workshops for health professionals. These workshops are designed to equip participants with the knowledge and skills to implement evidence-based treatments for a range of mental health problems.

[Contact CCI](#)

Butterfly Foundation for Eating Disorders

Butterfly have created workshops, presentations and resources for young people, professionals and parents which address the factors influencing negative body image, disordered eating and the development of eating disorders.

[Contact the Butterfly Foundation](#)

Body Esteem Program

The Body Esteem Program® is a service which offers support for women suffering from eating disorders, such as anorexia nervosa, bulimia nervosa, and binge eating disorder. The program supports and assists women to make informed decisions about their health and wellbeing and to make and sustain positive change through a 20-week recovery focused group based on the self-help model.

[Contact the Body Esteem Program](#)

Eating Disorders Families Australia

Eating Disorders Families Australia (EDFA) has been established by a group of Australian parents and supports who have cared for and treated a young person with an eating disorder, to advocate for the needs and roles of other parents during this experience.

[Contact EDFA](#)