

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 to 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](mailto:yfd@amawa.com.au)

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

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



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](#)

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

Other WA organisations, and national or visiting interstate organisations providing support, consultation and training in WA 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.



womens health
& family services

[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](#)