



Government of Western Australia  
North Metropolitan Health Service  
Mental Health, Public Health and Dental Services

# WA Eating Disorders Outreach & Consultation Service (WAEDOCS) Dietetics Training Calendar 2023



[nmhs.health.wa.gov.au](http://nmhs.health.wa.gov.au)

**One team, many dreams.**

Care / Respect / Innovation / Teamwork / Integrity



# CONTENTS

[WA Eating Disorders Outreach & Consultation Service \(WAEDOCS\) Welcome...3](#)

## **Eating Disorder Essentials for Dietitians**

[Introduction to Evidence Based Management of Eating Disorders in Youth \(>16 years\) & Adults for Dietitians \(Non NEDC/ANZAED Accredited\).....4](#)

## **Masterclass for Dietitians**

[Understanding the Principles & Applications of CBT-E & FBT for Dietitians Including the Foundations of Outpatient Paediatric Management \(<16 years\).....7](#)

[Understanding the Principles & Complexities of Avoidant Restrictive Food Intake Disorder \(ARFID\) Management for Dietitians.....10](#)

[Understanding the Complexities & Management of Binge Eating Disorder \(BED\) & Implementing a Health at Every Size® Framework for Dietetic Practice.....12](#)

[Payment Option for Cost Centre Transfer \(WA Dietitians only\).....15](#)

[External Training Opportunities.....16](#)



## Welcome to 2023!

The COVID-19 pandemic has left a lasting impact on how dietetic education and training will forever be delivered. In the recent past, most dietetic training was delivered in-person which then moved to fully online training at the height of the pandemic. Now in 2023, dietitians have become well versed with a hybrid style of training, i.e. in-person training running concurrently with an online platform as well. Presenting in this format also allows equitable access to evidence based education and training for regional and remote dietitians.

## Eating Disorder Credential for Dietitians (CEDC)

The Australia New Zealand Academy of Eating Disorders (ANZAED) and National Eating Disorder Collaboration (NEDC) have partnered to offer the Eating Disorder Credential for Dietitians. This formal recognition acknowledges the qualifications, knowledge, training and professional development activities have met the minimum standard for delivery of safe and effective eating disorders treatment. As of 1<sup>st</sup> July 2022, any dietitian wishing to apply for the credential must have completed an introduction to eating disorders for health professionals and evidence-informed dietetic practice for eating disorders by an approved training provider.

We are currently unable to provide approved training as our training is in the process of being approved. For further information about the Eating Disorder Credential, please see

[Credentialing \(nedc.com.au\)](https://nedc.com.au)

## New Trainings for 2023

Our calendar has a number of changes for 2023.

1. We've provided 2 separate ways to be able to attend the introduction to eating disorders for dietitians, either as a 2-day course or as a 3 hour series run over 2 weeks. Please note this is currently not approved eating disorder credential training.
2. We are also excited to offer an extension on the principles of Avoidant Restrictive Food Intake Disorder (ARFID) management for dietitians in adults across the spectrum of care.

We hope that you're able to find some training to meet your training needs. If you have any further questions, please contact us Monday – Friday 9am – 4pm or via email

[waedocs@health.wa.gov.au](mailto:waedocs@health.wa.gov.au)



## WAEDOCS Eating Disorder Essentials for Dietitians

### **Introduction to Evidence Based Management of Eating Disorders in Youth (>16 years) & Adults for Dietitians Workshop (Non NEDC/ANZAED Accredited)**

This 2-day intermediary workshop is designed for dietitians across all care settings who have limited experience with providing dietetic support for people living eating disorders and 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.

The topics presented in this workshop aligns to the Australia and New Zealand Academy of Eating Disorders (ANZAED) dietetic practice guidelines however has not been approved by the National Eating Disorders Collaboration (NEDC) as accredited training. **Completion of this 2-Day workshop cannot be used as evidence of having attended accredited training for dietitians wanting to apply for the ANZAED Eating Disorder Credential**

This workshop uses a variety of learning methods including didactic, interactive and experiential practise opportunities to meet workshop goals and objectives.

### **This collaborative workshop will include information on:**

#### **Week 1 | Day 1 – Navigating the Dietetics Journey**

- Introduction to eating disorders including prevalence and types
- Navigating through the Nutrition Care Plan and ADIME process for eating disorders
- Develop an understanding of evidence based medical management
- Understanding the cognitive effects of starvation and starvation syndrome
- Explore ways of normalising eating
- Understand evidenced based psychological treatments for people living with eating disorders and the ways in which dietetic care can support treatment
- Enhance understanding of navigating care for a person living with an eating disorder

#### **Week 2 | Day 2 – Enhancing Dietetics care**

- Identifying populations at a higher risk of developing an eating disorder and provide a brief overview of evidence based/informed dietetic care
- A brief introduction to the neurobiology of eating disorders
- A brief introduction into understanding The Polyvagal Theory, trauma response and how this can improve client engagement
- Understanding the role of each member of the multidisciplinary
- Effective communication for a collaborative relationship
- A brief introduction into the foundations of meal support for dietitians and supporting carer's with meal support delivery
- Importance of dietetic supervision for dietitians working in the eating disorder space



## Attendance Options

### OPTION 1 – WORKSHOP SERIES

- Date:** Week 1 – Tuesday 20<sup>th</sup> June AND Thursday 22<sup>nd</sup> June 2023  
Week 2 – Tuesday 27<sup>th</sup> June AND Thursday 29<sup>th</sup> June 2023
- Time:** 9:00AM – 12:00PM (Perth) – virtual room opens from 8:45AM  
10:30AM – 1:30PM (Adelaide, Darwin) – virtual room opens from 10:15AM  
11:00AM – 2:00PM (Brisbane, Sydney, Canberra, Hobart, Melbourne) – virtual room opens from 10:45AM
- Location:** **ONLINE ONLY** - A Microsoft Teams link will be sent 1 week prior to the workshop
- Cost:** Nil cost for ALL WA Health Dietitians  
\$165.00 (includes GST) for Private | NGO | Outside WA Dietitians  
Register at Try Booking <https://www.trybooking.com/CHXUX>

### OPTION 2 – 2-DAY (FULL DAY) WORKSHOP

- Date:** Thursday 21<sup>st</sup> September & Thursday 28<sup>th</sup> September 2023
- Time:** Both days 8:00AM – 4:30PM (Perth) – virtual room open from 7:45AM  
Both days 9:30AM – 6:00PM (Adelaide, Darwin) – virtual room open from 9:15AM  
10:00AM – 6:30PM (Brisbane, Sydney, Canberra, Hobart, Melbourne) – virtual room opens from 9:45AM
- Location:** **ONLINE ONLY** - A Microsoft Teams link will be sent 1 week prior to the workshop
- Cost:** Nil cost for ALL WA Health Dietitians  
\$165.00 (includes GST) for Private | NGO | Outside WA Dietitians  
Register at Try Booking <https://www.trybooking.com/CHZXC>

## Important information to note prior to registering

By registering for the workshop, it is explicitly understood that you can fully commit to attend all the planned session in either Option 1 or Option 2, mixing and matching sessions will not be permitted. To ensure information presented in this workshop remains current and to minimise unauthorised distribution of material, the sessions are presented live and will not be recorded.

A minimum number of dietitians need to register for this workshop for it to go ahead. You will be notified 2 weeks prior to the workshop to confirm if the workshop is going ahead. If the minimum number is not met and you paid for this workshop, you will be refunded the cost of the workshop (i.e.\$165.00) only.



You will be receiving information about the workshop directly after booking and 1 week prior to the workshop. Please ensure that the email address you use to register for this workshop is current and checked regularly.

**Registrations for June close: Tuesday 6<sup>th</sup> June 2023 at 11pm**

**Registrations for Sept close: Thursday 7<sup>th</sup> September 2023 at 11pm**

Should you have any enquiries, please contact us on 1300 620 208 Monday – Friday 9am – 4pm or email us at [waedocs@health.wa.gov.au](mailto:waedocs@health.wa.gov.au)

## WAEDOCS Trainer Bios

### Melissa Edwin



Melissa Edwin is the senior dietitian for the WA Eating Disorders Outreach and Consultation Service (WAEDOCS). Since graduating more than 20 years ago, she has worked as a clinical dietitian in various hospitals both overseas and in Australia, providing dietetic support for a wide range of areas including children and adults living with an eating disorder. Melissa's passion for evidenced based and informed eating disorders dietetics treatment, resulted in her being an early adopter at Sir Charles Gairdner Hospital. This led her in 2016 to establish the dietetics position WAEDOCS. This state-wide service provides specialised advice, support, mentoring, navigation, education and training to clinicians, empowering them to provide evidence based care for people living with an eating disorder.

### Jan Fontaine



Jan Fontaine is the Nurse Practitioner for WAEDOCS with a nursing career spanning 40 years in both general and mental health settings within the UK and Australia. Additionally, she has a proven academic career as an Adjunct Lecturer in Mental Health Nursing at the University of Notre Dame Australia, designing and delivering theoretical and clinical components of post graduate eating disorder courses and partnering with researchers at the cutting edge of their field.

In 2016 was instrumental in establishing the WAEDOCS service that educates, supports and empowers health care providers in the management of people with eating disorders and continues to lead the way in developing local health care reforms. She is an excellent cultural change agent, acting as an ambassador for transformation and creating hope for individuals affected by this mental illness including her contribution to research and publishing.



## WAEDOCS Eating Disorder Masterclass Series for Dietitians

### Understanding the Principles & Application of CBT-E & FBT for Dietitians Including the Foundations of Outpatient Paediatric Management (<16 years)

Cognitive Behavioural Therapy Enhanced (CBT-E) is a specialised form of psychotherapy that focuses on helping the person living with an eating disorder to change their thoughts and behaviours around food and eating. While this therapy is delivered by psychologists, there are key elements that dietitians can use to enhance their engagement with their clients.

FBT (Family-Based Treatment) is a therapy for eating disorders that involves family members in the recovery process and is particularly effective for adolescents and children. Again, this therapy is delivered by psychologist however it's important that dietitians are able to support families and young people without misaligning treatment.

#### **This collaborative workshop will include information on:**

- Increase the dietitian's working knowledge and skills in evidence informed dietetic care for psychological treatments for individuals living with an eating disorder (FBT, CBT-E)
- A brief overview of the outpatient paediatric dietetic management of eating disorders
- Be able to apply working knowledge into every day dietetic practice

Education provided at this masterclass builds on the ANZAED dietetics practice standards. It is suitable for dietitians across all care settings and fosters development of existing eating disorders knowledge with more advanced practice skills. Through the day attendees will be provided with didactic, interactive and experiential practise opportunities.

#### **It is implied that dietitians attending this workshop already understand the foundations of evidence based dietetic management for eating disorders.**

**Date:** Tuesday 12<sup>th</sup> September 2023

**Time:** 08:00AM – 05:00PM (Perth)

09:30AM – 06:30PM (Adelaide, Darwin)

10:00AM – 07:00PM (Brisbane, Sydney, Canberra, Hobart, Melbourne)

**Location:** **ONLINE ONLY** - A Microsoft Teams link will be sent 1 week prior to the workshop

**Cost:** \$165.00 (includes GST) (nil cost for NMHS | NMHS MH dietitians)

Register at Try Booking <https://www.trybooking.com/CHTKG>

If you are a WA Health Dietitian (excluding NMHS/NMHS MH Dietitian and your service will be paying for registration, see [here](#) to complete the necessary paperwork for payment



## Important information to note prior to registering

To ensure information presented in this workshop remains current and to minimise unauthorised distribution of material, the sessions are presented live and will not be recorded.

A minimum number of dietitians need to register for this workshop for it to go ahead. You will be notified 2 weeks prior to the workshop to confirm if the workshop is going ahead. If the minimum number is not met and you paid for this workshop, you will be refunded the cost of the workshop (i.e.\$165.00) only.

You will be receiving information about the workshop directly after booking and 1 week prior to the workshop. Please ensure that the email address you use to register for this workshop is current and checked regularly.

## Registrations Close: Tuesday 29<sup>th</sup> August 2023 at 11pm

Should you have any enquiries, please contact us on 1300 620 208 Monday – Friday 9am – 4pm or via email at [waedocs@health.wa.gov.au](mailto:waedocs@health.wa.gov.au)

### Guest Trainer Bio



#### Sonya Douglas (APD | AN | CEDC)

Sonya Douglas is an Accredited Practising Dietitian and founded Dietwise in 1992, leading her team of six Dietitians. She has over 30 years of clinical experience holding senior and leadership positions including Head of the Dietetics and Nutrition Department at Sir Charles Gairdner Hospital. Sonya has a special interest in mental health and the complex area of eating disorders and disordered eating. She was a consultant to the new Mental Health Unit, North Metro Health Service, establishing a dietetic service to accept referrals for patients with eating disorders.

She is a Credentialed Eating Disorder Clinician (CEDC) as awarded by the Australian & New Zealand Association for Eating Disorders and a Mental Health First Aider. Sonya strives to provide a service that is trauma-informed and neurodiversity-affirming. She takes a holistic approach to recovery and has established a one-stop-shop of ED-informed clinicians including Clinical Psychology, Physiotherapy, Recovery Coaching and Art Therapy.

Sonya is a mum of 4 adult boys and her Italian heritage explains her passionate approach to using food not only as medicine but to feed, fuel, repair, renourish, connect and bring joy.





## Kate Fleming (APD | AN | CEDC)



I have extensive experience in the eating disorder and mental health arena over 20+ years , within adult and adolescent private specialist eating disorder services.

I am a past member of the ANZAED dietitians practice standards committee and the past convenor for the WA Mental Health Eating Disorders interest group.

I have trained and practice in Maudsley family-based therapy, cognitive behavioural therapy for eating disorders, avoidant restrictive food intake disorder therapies and I am a HAES Australia Provider, offering care through a weight inclusive evidence informed lens for individuals and families.

I provide trainings in eating disorder nutrition therapy for mental health practitioners and dietitians and my work and supervision is underpinned by client centred and trauma informed care. My work utilises counselling skills drawn from a range of models. Today I enjoy leading a small team of passionate and skilled dietitians who bring courage and collaboration to our specialist eating disorder service.



## WAEDOCS Eating Disorder Masterclass Series for Dietitians

### **Dietetic Essentials for Avoidant Restrictive Food Intake Disorder (ARFID): Across the Spectrum of Care**

ARFID (Avoidant/Restrictive Food Intake Disorder) is an eating disorder characterised by a persistent and selective disturbance in eating or feeding, leading to weight loss, nutritional deficiency, and/or impaired psychosocial functioning.

Unlike other eating disorders, ARFID does not involve a concern about body shape or weight. Instead, individuals with ARFID may have sensory sensitivities to certain foods, fear of choking, or a lack of interest in eating, resulting in a limited range of food intake. ARFID can occur in both children and adults and requires a comprehensive evaluation and treatment approach.

#### **This collaborative workshop will include information on:**

- The journey of a patient through different settings of care (i.e. acute, outpatient, community) and how dietitians can support those with an ARFID diagnosis in those settings
- Discussion of what Copeland's (guest trainer) PhD's research has shown thus far including perspectives from a lived experience point of view
- Development and validation of a new tool, Australian Core Food Score, developed for dietetic use for those living with ARFID

Education provided at this masterclass builds on the ANZAED dietetics practice standards. It is suitable for dietitians across all care settings and fosters development of existing eating disorders knowledge with more advanced practice skills. Through the day attendees will be provided with didactic, interactive and experiential practise opportunities.

#### **It is implied that dietitians attending this workshop already understand the foundations of evidence based dietetic management for eating disorders.**

**Date:** Thursday 2<sup>nd</sup> November 2023

**Time:** 09:00AM – 04:30PM (Perth) – virtual room open from 08:45AM  
(11:00AM – 06:30PM Brisbane) – virtual room open from 10:45AM  
(11:30AM – 07:00PM Adelaide, Darwin) – virtual room open from 11.15AM  
(12:00PM – 07:30PM Canberra, Sydney, Melbourne, Hobart) – virtual room open from 11:45AM

**Location:** **ONLINE ONLY** - A Microsoft Teams link will be sent 1 week prior to the workshop



**Cost:** \$165.00 (includes GST) (nil cost for NMHS | NMHS MH dietitians)

Register at Try Booking <https://www.trybooking.com/CHVRK>

If you are a WA Health Dietitian (excluding NMHS/NMHS MH Dietitian and your service will be paying for registration, see [here](#) to complete the necessary paperwork for payment

## **Important information to note prior to registering**

To ensure information presented in this workshop remains current and to minimise unauthorised distribution of material, the sessions are presented live and will not be recorded.

A minimum number of dietitians need to register for this workshop for it to go ahead. You will be notified 2 weeks prior to the workshop to confirm if the workshop is going ahead. If the minimum number is not met and you paid for this workshop, you will be refunded the cost of the workshop (i.e.\$165.00) only.

You will be receiving information about the workshop directly after booking and 1 week prior to the workshop. Please ensure that the email address you use to register for this workshop is current and checked regularly.

## **Registrations Close: Thursday 19<sup>th</sup> October 2023 at 11pm**

Should you have any enquiries, please contact us on 1300 620 208 Monday – Friday 9am – 4pm or via email at [waedocs@health.wa.gov.au](mailto:waedocs@health.wa.gov.au)

### **Guest Trainer Bio**

#### **Copeland Winten (APD | AN | CEDC)**

Copeland Winten is a PhD candidate researching Avoidant Restrictive Food Intake Disorder (ARFID). Her PhD is looking at improving clinical knowledge on ARFID and providing a clinical trial of a dietetic-led intervention for ARFID using CBT-AR. Copeland is a 2023 Massachusetts General Hospital Eating Disorder Clinical and Research Fellow. She currently works at the Eating Disorder Service- Sunshine Coast and has experience across acute and community mental health settings. She works from a weight-neutral, non-diet approach and has previously published research in this area. Further to her clinical and research work Copeland provides supervision to individuals and groups and has an interest in mental health dietetics.



### **Understanding the Complexities and Management of Binge Eating Disorder (BED) & Implementing a Health at Every Size® Framework for Dietetic Practice Workshop**

Health at Every Size® (HAES) can help individuals with binge eating disorder by promoting a weight-inclusive, non-judgmental approach to food and body image. It emphasizes intuitive eating, which encourages individuals to listen to their body's hunger and fullness cues, rather than adhering to strict diets or food rules. This approach can help individuals with binge eating disorder develop a healthier relationship with food and their bodies, reduce feelings of shame and guilt, and improve their overall well-being.

#### **This collaborative workshop will include information on:**

This workshop will delve into the HAES® principles and how it informs and supports your work treating Binge Eating Disorders (BED). You will have the opportunity to challenge your own basis through understanding and exploring the HAES principles and context, how it impacts on your work and develop skills in supporting clients with BED.

- Understand the guiding principles of Health at Every Size (HAES®) and how to apply this in dietetic practice in particular binge eating disorder.
- Identifying binge eating disorder
- Build knowledge and skills in the dietetic management of BED
- Be able to apply working knowledge into dietetics practice

Education provided at this masterclass builds on the ANZAED dietetics practice standards. It is suitable for dietitians across all care settings and fosters development of existing eating disorders knowledge with more advanced practice skills. Through the day attendees will be provided with didactic, interactive and experiential practise opportunities.

**By attending this workshop, it is implied that attendees understand the foundations of evidence based dietetic management for eating disorders.**

**Date:** Thursday 30<sup>th</sup> November 2023

**Time:** 08:00AM – 05:00PM (Perth) – registrations from 07:45AM  
(10:00AM – 07:00PM Brisbane) – registrations from 09:45AM  
(10:30AM – 07:30PM Adelaide, Darwin) – registrations from 10:15AM  
(11:00PM – 08:00PM Canberra, Sydney, Melbourne, Hobart) – registrations from 10:45AM



**Location:** **OPTION 1 – IN PERSON** attendance held at:

Harry Perkins Institute (North Campus) – 6 Verdun St, Nedlands, WA, 6009

**OPTION 2 – ONLINE ONLY**

Will be held via Microsoft Teams – a link will be sent 1 week prior to the workshop

**Cost:** \$165.00 (includes GST) (no cost for NMHS | NMHS MH dietetic staff)

**IN-PERSON** training: Register at Try Booking <https://www.trybooking.com/CHZXU>

**ONLINE** Training: Register at Try Booking <https://www.trybooking.com/CHZXH>

If you are a WA Health Dietitian (excluding NMHS/NMHS MH Dietitian and your service will be paying for registration, see [here](#) to complete the necessary paperwork for payment

## **Important information to note prior to registering**

To ensure information presented in this workshop remains current and to minimise unauthorised distribution of material, the sessions are presented live and will not be recorded.

A minimum number of dietitians need to register for this workshop for it to go ahead. You will be notified 2 weeks prior to the workshop to confirm if the workshop is going ahead. If the minimum number is not met and you paid for this workshop (i.e. not NMHS / NMHS MH dietitians), you will be refunded the cost of the workshop (i.e.\$165.00) only.

If you register to attend in-person training, a minimum number of dietitians must be registered for this attendance option to go ahead. If this number is not met but the overall minimum number of dietitians registered for the workshop to go ahead reached, then your registration will be moved to attend online and no longer in-person. This will also be confirmed 2 weeks prior to workshop.

You will be receiving information about the workshop directly after booking and 1 week prior to the workshop. Please ensure that the email address you use to register for this workshop is current and checked regularly.

## **Registrations Close: 16<sup>th</sup> October 2023 at 11pm**

Should you have any enquiries, please contact us on 1300 620 208 Monday – Friday 9am – 4pm or via email at [waedocs@health.wa.gov.au](mailto:waedocs@health.wa.gov.au)



## Guest Trainers Bio (Pending)

Nikki Cummings (PhD | APD | AN | CEDC)

My Ly (APD | AN)



## Payment Options – Cost Centre Transfer

If paying by Cost Centre Transfer (only for staff within the Department of Health in Western Australia) please complete **ALL** the information:

**Dietitian Name:** \_\_\_\_\_  
**Dietitian Workplace:** \_\_\_\_\_  
**Dietitian Contact Number:** \_\_\_\_\_  
**Dietitian Contact Email:** \_\_\_\_\_  
**Name of Workshop:** \_\_\_\_\_

**Please debit the total amount due:** \$165.00 (includes GST) from the following:

**Health Service/Hospital Name:** \_\_\_\_\_  
**Authorising Officer Name:** \_\_\_\_\_  
**Authorising Officer HE Number:** \_\_\_\_\_  
**Cost Centre Number:** \_\_\_\_\_  
**Contact Telephone Number:** \_\_\_\_\_  
**Authorising Officer Signature:** \_\_\_\_\_

### Profession and Training (choose all applicable)

How long have you been a qualified dietitian? \_\_\_\_\_

Have you worked with eating disorders before? No                      Yes

---

If “yes” how long have you been working in the eating disorders space? \_\_\_\_\_

Have you attended WAEDOCS dietetics training before? No                      Yes

---

If “yes” what was the training including year \_\_\_\_\_

Hospital Inpatient	Hospital Outpatient	MHU Inpatient	Mental Health Outpatient	Community Dietitian	Private Practice Dietitian	NGO Dietitian

Please ensure all the above information is completed **IN FULL**. Email completed form to:

Attention: [Name of Workshop] Cost Centre Transfer Form

Email address: waedocs@health.wa.gov.au

NOTE: This form needs to be received by close of registration for the corresponding workshop or it will not be accepted.



# External Training Opportunities 2023

We've often heard that Perth is the most isolated city in the world but one positive outcome of Covid-19 is that now more than ever, there is a great deal of training opportunities either available in person or online. Please note, this isn't an extensive list as there a plethora of training opportunities however here are some that may interest you:

## Based in Australia – Dietetics Focused

### Dietitians Australia

Mental Health Foundations for Dietitians (CAL Course)

**Date & Time:** 12 months from time of registering

**Educator/Presenter:** multiple

**Further details:** [Mental Health Foundations for Dietitians \(dietitiansaustralia.org.au\)](https://dietitiansaustralia.org.au)

Masterclass: Micronutrients and Bariatric Surgery

**Date & Time:** 16<sup>th</sup> May 2023      10:00AM – 11:00AM (AWST)

**Registrations Close:** Not stated

**Educator/Presenter:** Dr Cathy Harbury

**Further details:** [Masterclass: Micronutrients and Bariatric Surgery \(dietitiansaustralia.org.au\)](https://dietitiansaustralia.org.au)

Practical Applications of DBT in Dietetic Practice Workshop

**Date & Time:** 23<sup>rd</sup> May 2023      8:00AM – 2:00PM (AWST)

**Registrations Close:** Not stated

**Educator/Presenter:** Anjanette Casey | Claire Toohey

**Further details:** [Practical Applications of DBT in Dietetic Practice Workshop \(dietitiansaustralia.org.au\)](https://dietitiansaustralia.org.au)

Testosterone and Male Eating Disorders

**Date & Time:** 25<sup>th</sup> May 2023      10:00AM – 11:00AM (AWST)

**Registrations Close:** Not stated

**Educator/Presenter:** Tom Scully

**Further details:** [Testosterone and Male Eating Disorders \(dietitiansaustralia.org.au\)](https://dietitiansaustralia.org.au)





## Queensland Eating Disorder Service (QuEDS) Dietetics Masterclass

QuEDS provides assessment and treatment for Queensland people and their families affected by eating disorders, as well as consultation, support and education for health professionals. In summary, QuEDS is the Queensland version of WAEDOCS! The dietetics Masterclass is 2 full days of useful sessions with multiple guest speaks and an emphasis on useful resources/tools that you can use in your practice. Currently dates haven't been released however based on previous years, the masterclass tends to run early October. Stay tuned!

## The Mindful Dietitian

Run by the one and only Fiona Sutherland, the Mindful Dietitian is both a leaning resource and community, support Dietitians and health professionals to grow in insight and understanding of body inclusivity and liberation. For further details about resources and training, head to [The Mindful Dietitian](#)

## Tara MacGregor

Tara is an experienced health professional who has over 25 years been supporting people to manage the challenges of living with chronic disease and mental health issues in both inpatient and community settings. She runs training for health professionals wanting to develop competent counselling skills for facilitating behaviour change and is a member of the motivational interviewing network of trainings. For more about available training head to [Schedule of Events – Tara MacGregor](#)

## Based in Australia – General Eating Disorder Education

### The Centre for Clinical Intervention (CCI)

The only public specialist clinical psychology service for WA who develop and provide evidence based treatments to adults (>16 years – this applies to eating disorder clients only) experiencing eating disorders. They also provide a wealth of resources for clinicians to use with their clients (see [CCI - Mental Health Resources for Clinicians - Overview](#) for further details) as well as an annual training calendar. For further details see [CCI Psychological Therapy Training Calendar – Perth \(health.wa.gov.au\)](#)

### National Eating Disorder Collaboration (NEDC)

NEDC have a regular newsletter which contains updates about what's new in the eating disorder space including trainings available around Australia. Sign up as a member of NEDC, it's free! When signing up, you can choose to receive their bulletin which contains month-by-month training opportunities around Australia. For more information head to [Home \(nedc.com.au\)](#) or to sign up as a member head to [Sign up to be an NEDC member](#)



## Australia New Zealand Academy of Eating Disorders (ANZAED)

ANZAED is the peak body for eating disorder professionals involved in research, prevention, treatment and advocacy in Australia, New Zealand and beyond. This paid membership provides access to regular online webinars for ANZAED members as well as access to a large library of past webinars/conferences. For more information or to become a member head to [HOME | ANZAED](#)

### 21<sup>st</sup> Annual ANZAED Conference: It takes more than a village – working together for prevention and treatment in eating disorders

**Date & Time:** 24<sup>th</sup> – 26<sup>th</sup> August 2023, Gold Coast, Queensland

**Registrations Open:** May 2023

**Further details:** [ANZAED 2023 GOLD COAST CONFERENCE - Home](#)

## The Victorian Centre of Excellence in Eating Disorders (CEED)

CEED is a state-wide programme funded by the Victorian government to provide quality services to those living with eating disorders and their families, through leadership and support through clinical consultation, training, resources and service development. CEED is the Victorian version of WAEDOCS. They offer an annual training calendar featuring both in-person and online training. Further information on their training calendar can be found at [Training and Events - CEED - Centre of Excellence in Eating Disorders](#)

## Inside Out Institute (IOI)

The Inside Out Institute is Australia's national institute for research, translation and clinical excellence in eating disorders. They offer live online training and self-paced e-learning packages. For more details head to [InsideOut - eLearning \(insideoutinstitute.org.au\)](#)

## Safe Exercise at Every Stage (SEES)

This targeted training is run by Alanah Dobson, Marita Cooper and Danika Quesnel, the authors of The Safe Exercise at Every Stage (SEES) guideline which was developed to better address and safely manage dysfunctional exercise during the treatment of an eating disorder. For further information about their training calendar head to [SEES Training — SEES \(safeexerciseateverystage.com\)](#)

## Mindful Centre for Training Research in Developmental Health

Mindful, an organisation funded by the Victorian government, provides training in the assessment, diagnosis and early intervention for mental health services. They provide a range of training opportunities, more information is available at [Mindful - ASD Training](#)



## **Based Outside Australia – Dietetics Focused**

### **Eating Disorder Registered Dietitians & Professionals (EDRDPro)**

Based in the United States of America, EDRDPro is home to an extensive continuous education library for dietitians where all content is Health at Every Size® informed. As a paying member, you have access to past webinars on demand to learn about eating disorder treatment including the non-diet approach, intuitive eating and more. For further information head to [Home - EDRD Pro](#)

This document can be made available in alternative formats on request.

© North Metropolitan Health Service 2021

