

Program Friday 28 February

Theme: Building Understanding, Skills and Knowledge

Day 2 provides a rich and exciting range of workshops and training, including keynotes from recognised clinical leaders **Dr Anthea Fursland** and **Shane Jeffrey**.

Keynote: Dr Anthea Fursland (WAEDOCS), “Evidence-based Psychotherapy for Recovery”

Dr Fursland will discuss common factors in the leading evidence-based treatments for eating disorders – including weighing, behavioural change goals, symptom reduction, early change and engagement, and how they shape the process of recovery.

Keynote: Shane Jeffrey (River Oak Health), “Nutrition and Recovery”

Shane Jeffrey will discuss the role of nutritional therapy in recovery from eating disorders and introduce his RAVES Eating Model - a robust and evidence-informed framework that supports the development of positive food relationships.

Six workshop/training choices:

- 1. Cognitive Behavioural Guided Self Help (CBT-GSH) training** delivered by **Dr Emma Spiel** and **Jess Ryan** from the Victorian Centre of Excellence in Eating Disorders (CEED). CBT-GSH is a highly structured yet client-driven and collaborative therapy using evidence-based cognitive behavioural techniques to overcome Bulimia Nervosa (BN), Binge Eating problems (BED) and subclinical disordered eating. The model provides clinicians and clients with a time-limited, six-step, cumulative framework for helping clients move to recovery.
- 2. Applying the RAVES eating model in recovery** delivered by dietitian **Shane Jeffrey**
The RAVES eating model provides a no-frills, step-by-step approach for supporting the development of positive relationships with food. During this workshop, RAVES developer Shane Jeffrey will provide an overview of the key principles of the RAVES eating model with a focus on the practical application of RAVES in the clinical setting. Participants will be able to use RAVES as a tool for supporting dietary change.
- 3. Building on lived experience**
For many people who have experienced an eating disorder, as either a consumer or a carer, the drive to create something meaningful out of that experience can be very strong and the process of building this meaning can be deeply healing. This practical session will explore ideas and options for telling your story or using your experience to make positive change, whether in your own life or in the wider system of care.
- 4. Developing the System of Care from a PHN perspective**
Primary Health Networks have a significant role within the Australian Health Care system through the delivery of practice support, commissioning services to fill the gaps, and integrating health care services effectively and efficiently into a complex system. Effectively addressing eating disorders as per the national practice standards within Australia’s primary health care system is an outcome yet to be realised. This workshop will explore current initiatives to support a nationally consistent approach for PHNs including a new PHN Quick Guide to Eating Disorders and progress update on a PHN Eating Disorder Service Development Framework.
- 5. The new Medicare items in practice**
Raise questions and get information about the new Medicare items.
- 6. Developing a system for credentialing mental health and dietetic treatment providers**
An opportunity to have your say about credentialing.