

# Eating Disorder Resources & Training

## Quick Reference Guide for Primary Care Professionals and Service Providers

This guide can help you find evidence-based information and resources about eating disorders developed by NEDC. It is intended for:

- GPs, health and other professionals – to help you support your patients, clients, students and their families
- Service providers and Primary Health Networks (PHNs) – to help you develop evidence-based policies, procedures and plans for service development and delivery

If you do not find what are looking for, please contact [info@nedc.com.au](mailto:info@nedc.com.au).

\*Note: anytime you see [blue text](#) in this guide, it is a hyperlink to the relevant information or resource.

## Contents

[Fact sheets and tools for PHNs and service providers.....](#)[2](#)

[Fact Sheets and Booklets for GPs and Health Professionals.....](#)[2](#)

[Reference Guides for GPs and Health Professionals.....](#)[3](#)

[Online Training for GPs and Health Professionals.....](#)[3](#)

[Resources to support General Practices and Service Providers.....](#)[3](#)

[ANZAED Eating Disorder Credential.....](#)[4](#)

[Eating disorder clinician and service databases.....](#)[5](#)

[Additional reading.....](#)[6](#)

[Further information.....](#)[6](#)

## Fact sheets and tools for PHNs and service providers

The following fact sheets and booklets on disordered eating and eating disorders are useful for PHNs and service providers.

- [Facts about eating disorders for PHNs](#)
- [Eating Disorders Stepped System of Care](#)
- [Eating disorders high risk groups and co-occurring conditions](#)
- [DSM V criteria for eating disorders](#)
- [Screening and assessment tools for eating disorders](#)
- [Communicating to reduce eating disorder risk](#)
- [Key considerations for services providers](#)

### Report:

- [Deloitte Access Economics, Prevalence of eating disorders by Primary Health Network \(2019\)](#)

### Online Tool:

- [Eating Disorders Quality Improvement Tool for PHNs \(ED QI\)](#) guides PHNs in determining and implementing their next steps in their response to eating disorders to eating disorders.

## Fact sheets and booklets for GPs and health professionals

The following fact sheets and booklets on disordered eating and eating disorders are useful for health professionals and can be used to support consumer education. They may also be embedded in clinical health pathways.

- [Body Image fact sheet](#)
- [Disordered Eating and Dieting fact sheet](#)
- [Anorexia nervosa fact sheet](#)
- [Avoidant restrictive food intake disorder \(ARFID\) fact sheet](#)
- [Binge eating disorder fact sheet](#)
- [Bulimia nervosa fact sheet](#)
- [Other specified feeding and eating disorders \(OSFED\) fact sheet](#)
- [Eating disorders in males](#)
- [Eating disorders and diabetes](#)
- [Eating Disorders in Australia booklet](#)
- [Caring for someone with an eating disorder: a resource for families, carers and supports](#)
- Information about other eating disorder presentations including pica, and rumination disorder can be accessed [here](#).

### Translated Resources

- [Eating Disorders in Australia booklet: Simplified Chinese](#)
- [Eating Disorders in Australia booklet: Traditional Chinese](#)
- [Eating Disorders in Australia booklet: Arabic](#)
- [Eating Disorders in Australia booklet: Vietnamese](#)
- [Eating Disorders in Australia booklet: Italian](#)
- [Eating Disorders in Australia booklet: Greek](#)



## Reference guides for GPs and health professionals

The following reference guides provide more detail for clinicians, teachers and fitness professionals on prevention, early identification, initial response, shared care, treatment, and steps to recovery, with specific reference to each profession's role in the system of care.

- [Eating Disorders: A professional resource for general practitioners](#)
- [Eating Disorders and the Dietitian Decision-Making Tool](#)
- [Pregnancy: A Guide for Assessment and Referral](#)
- [Pharmacy and Eating Disorders](#)
- [Dentistry and Eating Disorders](#)
- [Information to support those working in schools](#)
- [Information to support sports and fitness professionals](#)

### Online training for GPs and health professionals

#### NEDC Eating Disorder Core Skills: eLearning for GPs

A comprehensive foundational eating disorder training developed specifically for GPs. The training is evidence-based, free to access, and accredited by the RACGP, ACRRM and GPMHSC.

The four-hour, five-module, self-paced and interactive online training provides GPs with the key information, tools and resources needed to improve treatment outcomes and best practice care for their patients with eating disorders.

[Access Eating Disorder Core Skills: eLearning for GPs here.](#)

#### NEDC Eating Disorder Core Skills: eLearning for Mental Health Professionals

A comprehensive foundational eating disorder training developed specifically for mental health professionals. The training is evidence-based and is free to access. It has been externally assessed and meets the NEDC requirements of training in introduction to eating disorders for health professionals required for the ANZAED Eating Disorder Credential.

The five-hour, five-module, self-paced and interactive online training provides mental health professionals with the key information, tools and resources needed to identify and respond when a person is experiencing an eating disorder, and understand the pathway to treatment and recovery.

[Access Eating Disorder Core Skills: eLearning for Mental Health Professionals here.](#)

**Other training** is available through various eating disorder services and organisations in Australia. Browse a list of upcoming training and events here, find eating disorder training providers in Australia here, or contact NEDC at [info@nedc.com.au](mailto:info@nedc.com.au).



## Resources to support general practices and service providers

- **Quality Improvement Toolkit for General Practice: Eating Disorders Module**

This module was developed by Brisbane South PHN to support GP practices in early identification, treatment, and data integrity. The Toolkit can be viewed here: [Brisbane South PHN](#).

Contact Brisbane South PHN at [contactus@bsphn.org.au](mailto:contactus@bsphn.org.au) to obtain a white-label version to adapt for your clinic or service.

- **Medicare eating disorder items**

The items allow Australians living with a severe and complex eating disorder to access up to 60 Medicare-funded sessions of treatment; including up to 40 psychological and 20 dietetic sessions. Access a GP cheat sheet for MBS [here](#), as well as other quick guides and information about **Eating Disorder Treatment and Management Plans** [here](#).

NEDC is keeping up to date with Covid-19 and MBS Telehealth items relating to eating disorders. Find out more [here](#).

- **CBT Guided Self-Help**

Cognitive Behavioural Therapy (CBT) Guided Self-Help can be a useful intervention, including in general practice settings, in some eating disorder presentations including Bulimia Nervosa and Binge Eating Disorder. Find out more here:

[Cognitive Behavioural Therapy Guided Self Help \(CBT-GSH\) – treatment in eating disorders](#).

- **Multidisciplinary care team**

Find out more about the roles of different members of the care team in supporting someone experiencing an eating disorder through treatment and recovery [here](#).

## ANZAED Eating Disorder Credential

The Australia and New Zealand Academy for Eating Disorders (ANZAED) Eating Disorder Credential provides mental health professionals and dietitians with formal recognition of qualifications, knowledge, training, and professional development activities needed to meet minimum standards for the delivery of safe and effective eating disorders treatment.

The Credential aims to support early intervention and best practice treatment for people experiencing eating disorders.

**Becoming credentialed:** Find out more about the Credential, including who is eligible for the credential and how to apply [here](#).

**Credential Professional Development Packages:** to support mental health professionals and dietitians new to or early in their practise in eating disorders to become credentialed in eating disorders, NEDC is providing PD Packages of free training and supervision. A limited number of PD packages are available, and we advise submitting an application as soon as possible. The PD package training and supervision program will end in June 2023. Find out more about the PD Packages [here](#).

NEDC seeks to support Primary Health Networks in building their local mental health and dietetic workforce through these packages. Contact your PHN or [info@nedc.com.au](mailto:info@nedc.com.au) to find out more.



## Eating disorder clinician and treatment services databases

Eating disorder services available within Australia will differ from region to region, and support and treatment services are also available face-to-face and via telehealth (video and telephone).

Several databases can be accessed by health professionals and people experiencing an eating disorder and their families and supports, to identify potential referral options for people experiencing an eating disorder.

- **NEDC** provides a service locator of eating disorder-specific treatment services across Australia.  
[Access NEDC Service Locator](#)
- **ANZAED connect.ed** website provides a searchable database to help find an ANZAED Credentialed Eating Disorder Treatment Provider. The Credential formally recognises mental health professionals and dietitians who possess the qualifications, knowledge, training, and professional development profile to meet minimum standards for delivery of safe and effective eating disorder treatment in Australia.  
[Access the Credentialed Eating Disorder Treatment Provider database](#)
- **Butterfly National Helpline** has a practitioner database available for people experiencing an eating disorder, clinicians, and families and supports. This screened database includes services and practitioners across all levels of the system of care throughout Australia.  
[Access Butterfly Practitioner Database](#)
- **ANZAED** has a database of its members which includes clinicians. The database can assist people experiencing an eating disorder, clinicians, and families and supports to find appropriate referrals.  
[Access ANZAED Directory](#)
- **InsideOut Institute's Treatment Services Database** can assist people experiencing an eating disorder, clinicians, and families and supports to find private practitioners, community clinics or programs, day programs, in-hospital treatment and support groups.  
[Access InsideOut's Treatment Services Database](#)

Depending on your region, you may also be able to locate support and treatment services through local mental health services, your relevant PHN, national and state-based eating disorder services, and lived experience organisations.

It is never advised to 'watch and wait'. If you or someone you know may be experiencing an eating disorder, accessing support and treatment is important. Early intervention is key to improved health and quality of life outcomes.

### Recovery

It is possible to recover from an eating disorder even if a person has been living with the illness for many years. The path to recovery can be long and challenging, however, with the right team and support, recovery is possible. Some people may find that recovery brings new understanding, insights and skills.



## Additional reading

The following list highlights five additional NEDC publications that may be of interest or relevant to primary health care professionals and services. The full suite of NEDC's publications can be accessed [here](#).

- [Guidelines on reporting and portrayal of eating disorders: a Mindframe resource for communicators \(2021\)](#)

The guidelines provide practical advice for reporting up-to-date facts about eating disorders, evidence on the link between media and eating disorders, and guidance on how to appropriately present information about eating disorders on media platforms.

- [Peer work resources including peer work guide for eating disorders \(2020\)](#)

The guide has been developed to promote and facilitate the implementation of evidence-based peer work in treatment and support services for people with eating disorders.

- [NEDC National Practice Standards for eating disorders](#)

This set of standards, first published in February 2018 and updated in January 2020, is intended to strengthen the workforce and to outline the values, attitudes, knowledge and skills required of individuals, services and systems to successfully respond to eating disorders. Implementing the Practice Standards will promote a coordinated and consistent approach to professional development and service improvement across the stepped system of care. This document is to be read in conjunction with the relevant state and federal legislation and Australian professional codes of conduct or practice.

- [NEDC Workforce Core Competencies for the safe and effective identification of and response to eating disorders](#)

This document is an extract from the NEDC National Practice Standards for eating disorders and adapted with training organisations in mind. This document is recommended for use in mapping and planning of eating disorders professional development and training.

- [NEDC National Framework for Eating Disorders Training – a guide for training providers](#)

The purpose of this Framework is to align introduction to eating disorders training, and treatment provision training with the ANZAED Eating Disorder Credential criteria and national standards, ensuring consistency and quality across the trainings required for the Credential. More information about NEDC training approvals and credentialing can be accessed [here](#).

## Further information

Access these resources and more online at [nedc.com.au](http://nedc.com.au).

Become a member of NEDC (it is free to join) to receive the latest news and updates from the eating disorders sector [here](#).

Contact NEDC to discuss our current projects and activities at [info@nedc.com.au](mailto:info@nedc.com.au)

Keep up to date through the following NEDC channels:

**Facebook:** JoinNEDC **Instagram:** @nedc\_australia

**Twitter:** NEDC\_Australia **LinkedIn:** the-national-eating-disorders-collaboration

The National Eating Disorders Collaboration (NEDC) is funded by the Australian Government Department of Health.

This fact sheet is for general information only and should not be a substitute for medical or health advice. While every effort is made to ensure the information is accurate NEDC makes no warranties that the information is current, complete or suitable for any purpose. Reviewed and updated in May 2022.



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