

MEDIA RELEASE

New leader for Australia's largest eating disorders collaboration

28 May 2019 – Chair of the [National Eating Disorders Collaboration](#) (NEDC), Professor Phillipa Hay, today announced the appointment of Dr. Beth Shelton as the new National Director of the NEDC, the Australian Government funded initiative coordinated by Butterfly Foundation since 2009.

Professor Hay said Dr Shelton's appointment is a significant achievement for the NEDC and its leadership of more than 3,000 professional and community members across the eating disorders and health sectors.

"Dr. Shelton is highly regarded by the sector and will lead the NEDC through a crucial period where the health system is responding to significant investment in treatment and support from governments," she said.

"As a Psychologist working with people with eating disorders and the impact of negative body image, Dr. Shelton has extensive knowledge and expertise to draw upon to guide the NEDC and its members through its priorities over the coming months and years.

"Dr. Shelton also has an in-depth understanding of the realities and the severity of eating disorders and the impact they have on a person's life, this is key when interacting with professionals and groups within the community who are committed to enhancing their professional knowledge and sharing it with their community."

She has worked in the eating disorders field in a range of settings – research, primary health, specialist eating disorder clinical service, private practice, strategic sector development and workforce development.

In support of her appointment, Butterfly Foundation CEO, Kevin Barrow, said that: "Dr. Shelton has strong sector-wide professional relationships due to her previous roles as President of the Australia and New Zealand Academy for Eating Disorders (ANZAED), and as a clinician/lead of adult services at the Victorian Centre for Excellence in Eating Disorders (CEED) in Melbourne."

In the 2019 Federal Budget the Minister for Health, Greg Hunt announced the Government's ongoing investment in the NEDC, identifying the need for increased leadership and professional development to support intersectoral and interdisciplinary coordination and evidence sharing on eating disorders. The ongoing investment in the NEDC will support the Government's other significant investments for eating disorders treatment and support.

"This is the NEDC's 10th year as Australia's national single point of evidence-based research and information on eating disorders. On behalf of the Government and the sector, Dr. Shelton will lead NEDC's coordination of crucial professional development of primary, secondary and allied health professionals in diagnosing and treating eating disorders, and will enhance the knowledge base and dissemination of this information across the sector."

Dr Shelton said she is committed to helping build the treatment system so that whether you live in the country or the city, whatever your income level, whatever supports you have, you will receive the treatment response you need when you need it.

“I am honoured and excited to have this opportunity at NEDC to continue to work for people experiencing eating disorders and their families and supports. By listening to, and fostering collaboration between people in this difficult and painful situation, clinicians who seek to help, and researchers whose work sheds invaluable light on paths to recovery, we can reduce suffering and stigma and increase effective support across Australia,” she said.

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BIO - Dr. Beth Shelton BEd (Drama, Dance), BA Hons, DPsych – Director NEDC

Dr. Beth Shelton is a Psychologist, consultant and educator in the areas of eating disorders and body image. Beth has worked in the eating disorders field in a range of settings - research, primary health, specialist eating disorder clinical service, private practice, strategic sector development and workforce development. She is committed to helping build a quality eating disorder stepped care system to meet the needs of all Australians from prevention through to acute care.

Beth is immediate past president of the Australia and New Zealand Academy for Eating Disorders. She has worked for the past decade at the Victorian Centre of Excellence in Eating Disorders (CEED) leading strategic service development initiatives, providing training, and consulting on complex cases.

Currently Beth is leading the roll-out of Multi Family Therapy for Anorexia Nervosa, working with the Victorian College of the Arts on an early intervention guideline and partnering with headspace National on Guided Self-Help training. Beth has a private practice, Shelton Psychology, providing psychology services for people with eating disorders.

Beth has a particular interest in body image research and training. She also has a distinguished professional history in dance as a contemporary dancer and choreographer, and is interested in the role of movement and body experience in evidence-based interventions for disordered eating and body dissatisfaction.

NOTE TO ALL EDITORS AND PRODUCERS – Please refer to the [Mindframe Guidelines for reporting of eating disorders](#). Please include help seeking advice in all media coverage.

Anyone needing support with eating disorders or body image issues is encouraged to contact **Butterfly’s National Helpline 1800 ED HOPE on 1800 33 4673** or support@thebutterflyfoundation.org.au. For urgent support call Lifeline 13 11 14.