

Eating Disorders Essentials

Workshop for Private Practising Dietitians on Management of Eating Disorders in Youth (≥ 16 years) and Adults.

Presented by the Western Australia Eating Disorders Outreach and Consultation Service
(WAEDOCS)

Date/Time: Day 1 - Thursday 28th November 2019 08.00am – 4.30pm
Day 2 - Tuesday 3rd December 2019 08.00am – 5.00pm

Location: Harvard Room, Trinity on Hampden, 230 Hampden Road, Crawley, WA, 6009

Cost: \$100.00 (+ GST) per day

With imminent changes in the Medicare Benefits Scheme (MBS) regarding increased provision of treatment for people with eating disorders, this workshop is aimed at private practising dietitians planning to provide eating disorders treatment for Youth (≥ 16 years) and Adults. *Funding has been provided by the Mental Health Commission and North Metropolitan Health Service to make this available at reduced cost.*

This collaborative workshop will include information on:

- Introduction to eating disorders and dietetics risk assessment for eating disorders
- Understanding the neurobiology and effects of starvation of eating disorders
- Best practice medical and nursing management
- Communicating for a collaborative relationship
- Normalising eating for individuals living with an eating disorder
- Understanding of the evidenced based psychological treatment modalities for eating and the role of the dietitian

This workshop is for private practising dietitians who would like to learn more about eating disorders or those who already manage individuals living with an eating disorder who would like to consolidate their skills. This program includes activities and group work, a presentation from a lived experience of an Eating Disorder and input from a multi-disciplinary team specialising in Eating Disorder care and treatment.

For private practising dietitians who attended the WAEDOCS dietetics study day in August 2019, you will be required to only attend Day 2 of the programme, all other private practising dietitians will be required to attend both days. After attending both days, there will at least 2 group supervision sessions held post study day.

Registrations Close: Thursday 21st November 2019

Please fill in the registration and return it to WAEDOCS@health.wa.gov.au. WAEDOCS will then confirm your place via email. Should you have any enquiries, please contact us on 1300 620 208 or email us at WAEDOCS@health.wa.gov.au

WAEDOCS - ED Essentials for Private Practising Dietitians Workshop

Facilitators: Melissa Edwin, Sonya Douglas, Nikki Cummings, Kate Fleming

Team Speakers: Melissa Edwin (Senior Dietitian, WAEDOCS), Sonya Douglas (Principle Dietitian, Dietwise Nutrition Clinics), Kate Fleming (Senior Dietitian, The Swan Centre), Nikki Cummings (Principle Dietitian, Optimal Intake), Jan Fountaine (Nurse Practitioner, WAEDOCS), Melanie Coleman (Peer support, WAEDOCS)

Preliminary Program Outline (Registration 8am; 8.15am – 4.30/5.00pm)

Day 1	Day 2
<p>Morning Session</p> <ul style="list-style-type: none"> Registration and housekeeping Introduction to WAEDOCS – aims & objectives of the day Introduction to eating disorders including dietetics assessment and risk assessment <p>Morning Tea (10.30 – 10.45)</p> <ul style="list-style-type: none"> Neurobiology of eating disorders Medical and nursing management in an inpatient and community setting 	<p>Morning Session</p> <ul style="list-style-type: none"> Registration and housekeeping Aims & objectives / Recap of Day 1 Understanding changes to MBS Eating disorder management for special populations Eating disorders and paediatric management (<16 years) <p>Morning Tea (10.30 – 10.45)</p> <ul style="list-style-type: none"> Understanding FBT and the role of the dietitian
<p>Lunch (12.30 – 1.00)</p>	<p>Lunch (12.30 – 1.00)</p>
<p>Afternoon session</p> <ul style="list-style-type: none"> The lived experience / peer support Reversing the physical and psychological effects of starvation 	<p>Afternoon session</p> <ul style="list-style-type: none"> Understanding CBT-E and the role of the dietitian Understanding BED and principles of Health At Every Size (HAES)
<p>Afternoon Tea (3.00 – 3.15)</p> <ul style="list-style-type: none"> Communication for a collaborative relationship Question time / Evaluation of study day aims & objectives 	<p>Afternoon Tea (3.00 – 3.15)</p> <ul style="list-style-type: none"> Understanding BED and principles of Health At Every Size (HAES) (continued) Clinical supervision for dietitians Question time / Evaluation of study day aims & objectives

This workshop meets the National Practice Standards criteria developed by the National Eating Disorders Collaboration (NEDC) and is supported by the Australia and New Zealand Academy for Eating Disorders (ANZAED).



This workshop addresses NSQHS Standards 1,2,6,8,9 and 10