

OFFICIAL



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

WA Eating Disorders Outreach & Consultation Service (WAEDOCS)

Eating Disorder Training Options 2025



nmhs.health.wa.gov.au



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Welcome to the WAEDOCS 2025 Education Training Options!

WAEDOCS is excited to combine the dietetic and non-dietetic training calendars into one, providing more training opportunities for WA clinicians working in the eating disorder space. The training calendar is divided into 3 main sections:

- a) Eating Disorders Education on Demand
- b) WAEDOCS Planned Workshops
- c) Additional Training Opportunities

Our **Education on Demand** offers flexible training options for health professionals in WA, focusing on the management of individuals living with eating disorders. For further information about our **Education on Demand** modules, please refer to page 9.

Most of the **Planned Workshops** are open to all disciplines. Specific workshops will be tailored to medical practitioners, clinical psychologists, and dietitians as indicated.

With the relocation of the WAEDOCS team to a new premises in Subiaco, for most **Planned Workshops**, our team is now able to deliver a hybrid education opportunity. There will be limited in-person places offered for certain study days with all other places concurrently running online via MS Teams.

The WAEDOCS team would also like to extend a warm welcome to two new staff members – Dr. Sue Byrne, clinical psychologist and Christine Williamson, CNS. With both of them joining the WAEDOCS team, we are able to offer the majority of our **Planned Workshops** free of charge to all WA-based clinicians. However as a not-for-profit organisation, where a guest trainer has been organised to deliver a **Planned Workshops**, we will need to charge a small fee to recover guest trainer's costs and clinicians will need to purchase a ticket.

Lastly, some of our **Planned Workshops** will be recorded and made available for purchase to clinicians who are unable to attend the live training. For clinicians interested in taking advantage of this option, you will need to purchase a ticket for the recording **prior** to **Planned Workshops** registrations closing. To ensure we maintain our high standard of education and maintain the currency of evidence, clinicians will have access to purchased recordings on a secure platform for 12 months from its release date.



Eating Disorder Credential (CED-C) for Eligible Health Professions

The Australia New Zealand Academy of Eating Disorders (ANZAED) and National Eating Disorder Collaboration (NEDC) have partnered to offer the Eating Disorder Credential for eligible health professions. This formal recognition acknowledges that an individual's qualifications, knowledge, training and professional development activities have met the minimum standard for delivery of safe and effective eating disorders treatment.

Any eligible health professional wishing to apply for the credential must have completed an introduction to eating disorders for health professionals and evidence-based treatment model by an approved training provider. WAEDOCS will provide a CEDC introduction to eating disorder for eligible health professionals however we will be unable to provide evidence-based treatment models. For the training being offered this year, see page 24.

For dietitians wishing to apply for the eating disorder credential, you will need to complete an accredited evidence-informed dietetic practice for eating disorders. Currently the WAEDOCS Introduction to Evidence Based Management of Eating Disorders in Youth (>16 years) & Adults for Dietitians 2 Day Workshop **IS NOT** accredited however we are hoping that this workshop will be accredited later in 2025.

For further information about the Eating Disorder Credential, please see [Credentiaing \(nedc.com.au\)](https://nedc.com.au)



Meet the WAEDOCS Team

Jan Fontaine | Nurse Practitioner



Jan Fontaine is the Nurse Practitioner for WAEDOCS with a nursing career spanning 43 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.

Melissa Edwin | Dietetics Coordinator



Melissa Edwin is the Dietetic Coordinator 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.



Dr Lisa Miller | Consultant Liaison Psychiatrist



Dr Lisa Miller is a Consultant Liaison Psychiatrist at Sir Charles Gairdner Hospital, and Medical Director of the WA Eating Disorders Outreach and Consultation Service. In addition to Fellowship of the Royal Australian and New Zealand College of Psychiatrists, Dr Miller is also a Fellow of the Chapter of Palliative Medicine of the Royal Australasian College of Physicians and past fellow of the Royal Australasian College of General Practitioners. With a longstanding passion in caring for patients whose needs sit at the interface of physical and mental health, Lisa recently completed a Master of Affective Neuroscience examining trans-diagnostic correlates of postural tachycardia in eating disorders. Lisa is also committed to optimising strategic leadership of service reform and clinical governance at the watershed of physical and mental health and championed the need for state-wide investment in eating disorders services for Western Australia. These efforts alongside colleagues promoting a lived experience perspective, culminated in a \$31.6 million election commitment from the WA state government in 2022 for a new WA Eating Disorders State-wide Services (WAEDSS) model.

Effie Carbone | Senior Dietitian



Effie joined WAEDOCS in 2023 as a Senior Dietitian with a passion to support other clinicians throughout the state who deliver care to individuals living with an eating disorder. Effie has worked as a clinical dietitian across various settings in public hospitals for the past 13 years managing patients from different specialities, including eating disorders and additionally joined a private clinic providing dietetic care for people living within disordered eating and eating disorders. These opportunities have allowed her to advance her knowledge and skills to manage people across the continuum of care.

Dr Sue Byrne DPhil, PhD, MPsych (Clinical) | Consultant Clinical Psychologist



Dr Susan Byrne is a clinical psychologist with over 30 years of experience in research and clinical practice in the field of eating disorders. Sue has a Doctor of Philosophy (Clinical Medicine) from Oxford University and a PhD and Master of Psychology (Clinical) from the University of Western Australia (UWA). She is currently a Senior Research Scientist and Senior Clinical Psychologist at the Western Australia Eating Disorders Outreach and Consultation Service (WAEDOCS); an Honorary Research Fellow and Professional Practice Fellow at UWA; and an Adjunct Clinical Professor at Curtin University.



Sue is involved in consultation, supervision research and training with eating disorder services in both the public and private sectors. In private practice, she treats individuals with eating disorders and co-occurring mental health conditions using the most up-to-date evidence-informed treatments. Innovations in treatment and advancing access to treatment have been hallmarks of Sue's achievements over the past 30 years and in 2023 she was awarded the Australia and New Zealand Academy of Eating Disorders Lifetime Achievement Award in recognition of the significant, impactful and substantial contribution she has made to the eating disorder sector. Sue's international reputation as both a clinician and a researcher reflect her standing in the field and she continues to play a significant role in mentoring the next generation of eating disorder researchers and clinicians across Australia.

Christine Williamson | Clinical Nurse Specialist



Christine joined WAEDOCS in March 2024, with a career in nursing since 1985. Throughout her career she has been a transformational leader in the specialities of general medical, general surgical, urology, mental health, gastroenterology and acute medical assessment unit, where she held senior clinical positions managing individuals with serious and often life threatening Eds. She has also been instrumental in developing policies and guidelines at a local level and also at hospital executive level. Her roles have included policy development in many areas. She has given many education sessions for staff, both, within hospital settings and in the community and at all levels of knowledge plus all disciplines, her roles as an educator have been transformational for patient/client care. She has nursed eating disorder clients in many of those areas and has a strong passion for this area of work and the staff that support those clients. Christine has a passion to support and mentor other Health professionals in their roles with ED clients and endeavours to give them research-based advice to assist with their decision making with their clients.



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Calendar Overview

	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov
CBT & FBT principles (full day)▲	<u>11th</u>								
Eating Disorder research update (½ day) ▲		<u>8th</u>							
Single session intervention- SSI (½ day) ▲			<u>6th</u>						
Introduction to eating disorders for psychologists (full day)			<u>20th</u>						
Special Supportive Clinical Management SSCM (full day) ▲				<u>3rd</u>					
Essentials in Eating Disorders for Dietitians (2 days)				<u>10th</u> <u>+12th</u>					
PCOS and ED: How to Help Without Harm (½ day)▲						<u>5th</u>			
Eating Disorder Essentials for Dietitians (2 days)							<u>2nd</u> <u>+4th</u>		
Eating Disorders for Medical Practitioners (½ day)						<u>19th</u>			
Reconceptualising weight goals (½ day) ▲							<u>16th</u>		
Introduction to eating disorders for Health Professionals - Credentialed (full day) ▲								<u>14th</u>	
CBT-IE for Dietitians and Psychologists (½ day)									<u>11th</u>

▲ = suitable for all professions



Eating Disorders Education on Demand for Health Professionals

These education sessions are designed for treating teams to arrange at a local level via chosen specialist training topics that best meet the needs of their individual workforce. Suitable for all disciplines this format allows flexibility where learning can be tailored to enhance participant engagement.

Training can be provided via the following options:

OPTION 1: FULL DAY TRAINING - comprises of approximately **FIVE (5)** specialist topics and needs a **MINIMUM** of **TWENTY (20) clinicians registered**

OPTION 2: HALF DAY TRAINING - comprises of approximately **THREE (3)** specialist topics and needs a **MINIMUM** of **TWENTY (20) clinicians registered**

OPTION 3: 'HOT BUTTON TOPIC' - a single session on **ONE (1)** specialist topic and needs a **MINIMUM** of **TEN (10) clinicians registered**

OPTION 4: 'GRAND ROUND' - a single session on **ONE (1)** specialist topic for medical speciality teams, teaching settings etc.

Specialist Training Topics

The following topics have been designed to broaden the skills of teams providing support to individuals living with eating disorders and other complex comorbidities. Topics are either approx. 60 or 90 mins long and include the following options:

- **Trauma informed care and practice for eating disorders**

Understand the benefits of trauma informed approaches to eating disorder recovery that can support more integrated practice and theoretically improved client outcomes

- **Types of DSM-5 Eating Disorders (EDs) & MBS Items for Accessing Specialised Care**

Understanding DSM-5 eating disorder criteria and MBS items that support a model of best practice evidence-based care for patients with anorexia nervosa, binge eating disorder, bulimia nervosa or other specified feeding and eating disorders.

- **The Management of Eating Disorders in WA via a Stepped System of Care Approach**

Understand the aims of the National Eating Disorder Collaboration to caring and supporting those living with an eating disorder whole community approach as part of the Australian Governments Fifth National Mental Health and Suicide Prevention. The system includes prevention, identification, initial response, treatment, and psychological recovery support



- **How Eating Disorders affect the Neurobiology of the Brain**

Understanding the specific neurobiology that contributes to onset and maintenance of anorexia nervosa and bulimia nervosa

- **Understand Disordered Eating vs an Eating Disorder | Understanding and Identifying Starvation Syndrome & Refeeding Syndrome | How to Safely Refeed Eating Disorders for both Inpatient & Community Teams**

Understanding and identifying starvation syndrome and refeeding syndrome and evidence-based management for safe refeeding for nursing/medical staff/mental health clinicians.

- **Eating Disorders and Co-occurring Mental Health Disorders**

Understanding the complexity of managing eating disorders with co-occurring mental health disorders including practical strategies for effective management.

- **Therapeutic Communication and Provision of Meal Support for Eating Disorders**

Developing effective therapeutic communication that aims to provide high quality care while optimising patient /client engagement. Discuss the principles of collaborative meal support during and after meals.

- **Management of eating disorders in a mental health setting (including use of the Mental Health Act)**

Understand eating disorder management related to inpatient and community mental health settings of care. Discussion will include voluntary treatment and use of the Mental Health Act 2014 including use of Community Treatment Orders (CTO).

- **The importance of interprofessional collaborative practice in eating disorder management**

Understanding the importance of a multidisciplinary team approach to diagnosis and treatment and the specific role each team member plays in the collaborative process.

- **Managing self-care, for clinicians working in the eating disorder space**

Identifying and preventing staff burn-out.

- **Recovery & Relapse Prevention “Holding the hope”**

The role of clinicians and peer-support in a recovery focused model of care.

NOTE: Other areas of specific treatment/education needs that are not listed above, can be discussed with the education facilitators, and provided if practicable.

When combined, the above topics can address NSQHS Standards 1,2,5,6 and 8



Date & Time: Negotiable – we require at least 4 weeks advanced notice from proposed education date

Cost: Free to WA based clinicians

Location: **IN-PERSON** - venue to be organised by requesting clinician **OR**

ONLINE - via MS Teams being organised by requesting clinician **OR**

HYBRID - to be organised by requesting clinician

NOTE: It may not be possible to deliver in-person training for regional WA teams and “Hot Button” topics, please indicate your preference when booking and a member of the WAEDOCS team will be in touch via email to further discuss you request.

Chrlf you’re interested in booking training, register at Try Booking:

<https://www.trybooking.com/CZHQK>

If you have further questions, please contact WAEDOCS on 1300 620 208 Monday – Friday 9am – 4pm or waedocs.education@health.wa.gov.au



WAEDOCS Planned Workshops

WAEDOCS has a range of workshops catering any level of eating disorder experience. As always there are introductory workshops tailored for all clinicians or specific disciplines, as well as more in-depth topics.

Most of the workshops will be delivered in a hybrid format (in-person and via MS Teams) that will be recorded. By attending live training (either in-person or online), it is understood that you agree to the workshop being recorded.

For those unable to attend live training, we will be offering the option to purchase a recording of the workshop. If you choose to purchase a recorded version of a workshop, you will need to purchase a 'ticket' prior closure of registrations for that workshop. Once the workshop has been delivered, a link to a secure viewing platform will be emailed to you. Please allow up to 2 weeks from the session date for the recording to be made available. You will then have access to the recording for 12 months from the date of release.

While we would love everyone to attend the workshops in person, we have limited capacity in our training room. Once in-person places have been filled then attendance will be online. We are also only have to provide tea and coffee facilities and thank you for your understanding with this.

Some other things to note...

A minimum number of participants must register for each workshop for them to proceed. You will be notified two weeks before the workshop (once registrations have closed) to confirm if the workshop will take place. If the minimum number is not met and you have paid for the workshop, you will receive a refund for the workshop fee only (i.e. \$180.00). TryBooking will charge a small administrative fee which the attendee will need to pay for.

For those registering to attend in person, please note pending sufficient numbers we may need to move your attendance to online. If this is the case we will let you know at close of registration.

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



Principles of CBT-E and FBT

Full Day Workshop

This workshop is suitable for ALL clinicians collaborating with people living with an eating disorder.

This one-day workshop will provide a comprehensive overview of two leading and commonly used evidence-based treatment for eating disorders in adults (Enhanced Cognitive Behaviour Therapy; CBT-E) and children and adolescents (Family Based Treatment; FBT).

Cognitive Behavioural Therapy Enhanced (CBT-E) is a specialised form of psychotherapy focused on helping the person living with an eating disorder to change their thoughts and behaviours around food and eating.

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.

NOTE: This workshop is NOT intended as training in CBT-E or FBT. It is designed for health professionals who may be working as part of a multi-disciplinary team, with individuals who are receiving one of these treatments and who therefore require a sound understanding of what is involved in these treatment models.

This collaborative workshop will include information on:

- The development of CBT-E
- Transdiagnostic theory on which it is based and the evidence base for this treatment.
- The four stages of CBT-E
- Understanding of the thinking behind FBT, its key tenets and the therapeutic stance.
- The three stages of FBT

The strategies and tools used in these therapies will be explored through the use of video, role play and interactive activities.

Date: 11th March 2025

Time: 09:00 – 17:00 AWST – *check time difference if attending outside WA*

Location: In Person – 516 Hay Street Subiaco, WA 6008 OR

Online – via Microsoft Teams OR

Recording – available 2 weeks post workshop

Cost: FREE for WA Clinicians | \$180.00 (inc GST) clinicians outside WA

Register at TryBooking: <https://www.trybooking.com/CYCEG>

Registrations Close: 4th March 2025 at 5pm



Eating Disorders Research Update

½ Day Workshop

This workshop is suitable for ALL clinicians collaborating with people living with an eating disorder.

This collaborative workshop will include information on:

Changes that have occurred over the past 20 years in the eating disorder field including cutting edge research regarding,

- Genetic and neurobiological underpinnings
- Greater appreciation as to the effects of starvation on the brain
- Developing knowledge related to neurodiversity, gender diversity and body diversity
- The importance of listening to the voices of those with a lived experience
- The changing face of eating disorder treatment including trauma informed practice
- Eating disorders and co-occurring mental health condition
- Current evidenced based treatments in terms of relevance and how they might expand to encompass developments in the field

The workshop will include group discussion, reflection, and feedback to explore the important differences between therapist “drift” and intentional, thoughtful divergence from treatment manuals to navigate the shifting tides of knowledge in our field.

Date: 8th April 2025

Time: 09:00 – 13:00 AWST – *check time difference if attending outside WA*

Location: In Person – 516 Hay Street Subiaco, WA 6008 OR

Online – via Microsoft Teams OR

Recording – available 2 weeks post workshop

Cost: Free for WA clinicians | \$90 (inc GST) clinicians outside WA

Register at TryBooking: <https://www.trybooking.com/CYCCZ>

Registrations Close: 25th March 2025 at 5pm



Single Session Intervention (SSI)

½ Day Workshop

This workshop is suitable for ALL clinicians collaborating with people living with an eating disorder.

With unconscionably long waiting lists, particularly since COVID-19, there is an imperative to provide evidence-based assistance to patients while they are waiting for treatment. The Single Session Intervention (SSI) was developed at the Centre for Clinical Interventions (CCI) in Perth, Western Australia, in response to long waiting lists. An SSI, conducted by an experienced clinical psychologist, is offered to newly referred individuals or families (ideally within 2 weeks of receipt of the referral) providing psychoeducation, and strategies to empower patients and their families to start making changes as soon as possible and motivate patients towards recovery whilst they are waiting to commence treatment.

This collaborative workshop will include information on:

- The rationale behind, and the development of, the SSI
- Describe the therapeutic stance and content of the SSI and demonstrate the specific SSI protocol
- Statistical significance as to the use of SSI
- We will use video demonstrations and role play and there will be ample opportunity for practice and discussion.

Date: 6th May 2025

Time: 09:00 – 13:00 (AWST) – *check time difference if attending outside WA*

Location: In Person – 516 Hay Street Subiaco, WA 6008 **OR**

Online – via Microsoft Teams **OR**

Recording – available 2 weeks post workshop

Cost: FREE for WA clinicians | \$90 (inc GST) clinicians outside WA

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

Registrations Close: 22nd April 2025 at 5pm



Introduction to Eating Disorders for Psychologists

Full Day Workshop

(Non NEDC | ANZEAD Accredited)

This interactive full-day workshop is aimed at psychologists who would benefit from a comprehensive introduction to the basics of eating disorders.

This collaborative workshop will include information on:

- An introduction to the full range of eating disorders and their specific characteristics
- An exploration of the nature and distribution of eating disorders
- A summary of the most up-to-date research into the causes and correlates of eating disorders and a brief outline of contemporary theoretical models of eating disorders
- The role of genetics
- Starvation syndrome
- Basic neurobiological information
- The importance of early identification and current evidence-based treatments.
- Body image and our current sociocultural context
- Weight stigma, the role of social media and the importance of media literacy.

This interactive workshop will involve case examples, role play, video demonstrations and experiential activities. There will also be plenty of time for questions and discussion throughout the workshop.

Date: 20th May 2025

Time: 09:00 – 17:00 (AWST) – *check time difference if attending outside WA*

Location: In Person – 516 Hay Street Subiaco, WA 6008 **OR**

Online – via Microsoft Teams

Cost: FREE for WA clinicians | \$180 (inc GST) clinicians outside WA

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

Registrations Close: May 6th 2025 at 5pm



Specialist Supportive Clinical Management (SSCM) Full Day Workshop

This workshop is suitable for ALL clinicians collaborating with people living with an eating disorder.

This collaborative workshop will include information on:

Specialist Supportive Clinical Management (SSCM) first developed by Dr Gini McIntosh in New Zealand in the early 2000s is a psychotherapy option in the treatment of anorexia nervosa. In a 2005 clinical trial (McIntosh et al., 2005) SSCM was found to be superior to both CBT and IPT and continues to be recognised as a valid and effective treatment for anorexia nervosa.

Comprising of 2 distinct components

- Alleviation of the symptoms of anorexia nervosa, (focusing on weight gain via resumption of normal eating)
- Supportive psychotherapeutic approach to issues, including those that may impact the eating disorder

This 1 day workshop will include

- A description of the key therapeutic strategies in SSCM and its evidence base
- Tools for delivering the therapy will be presented, using practical techniques and case material
- The commonalities and distinctions between SSCM and other psychological treatments for adults with anorexia nervosa (such as CBT-E and MANTA) will be highlighted throughout

Date: 3rd June 2025

Time: 09:00 – 17:00 (AWST) – *check time difference if attending outside WA*

Location: In Person – 516 Hay Street Subiaco, WA 6008 OR

Online – via Microsoft Teams OR

Recording – available 2 weeks post workshop

Cost: FREE for WA Clinicians | \$180.00 (inc GST) clinicians outside WA

Register at TryBooking: <https://www.trybooking.com/CYCEL>

Registrations Close: 20th May 2025 at 5pm



Introduction to Evidence Based Management of Eating Disorders in Youth (>16 years) & Adults for Dietitians

2–Day Full Day 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.

This workshop uses a variety of learning methods including didactic, interactive and experiential practise opportunities to meet workshop goals and objectives via live training and a series of self-pace modules. Participants **are expected** to complete the self-pace modules as part of completing this workshop, more information will be available after registration have closed.

This collaborative workshop will include information on:

- 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
- 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 – Hybrid (In-person AND online)

- Date:** Tuesday 10th June **AND** Thursday 12th June 2025
- Time:** 09:00 – 16:00 (AWST) – *check time difference if attending outside WA*
- Location:** In Person – 516 Hay Street Subiaco, WA 6008 **OR**
Online – via Microsoft Teams **OR**
- Cost:** FREE for WA Dietitians | \$180 (inc GST) Dietitians outside WA

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

Registrations Close: 27th May 2025 at 5pm

OPTION 2 – Hybrid (In-person AND online)

- Date:** Tuesday 2nd September **AND** Thursday 4th September 2025
- Time:** 09:00 – 16:00 (AWST) – *check time difference if attending outside WA*
- Location:** 516 Hay Street Subiaco, WA 6008
Online - A Microsoft Teams link will be sent 1 week prior to the
- Cost:** In Person – 516 Hay Street Subiaco, WA 6008 **OR**
Online – via Microsoft Teams **OR**

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

Registrations Close: 19th August 2025 at 5pm

Important information to note prior to registering

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

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.



PCOS and ED: How to Help Without Harm

½ Day Workshop

This workshop is suitable for ALL clinicians collaborating with people living with an eating disorder. By attending this workshop it is implied that attendees understand the foundations of evidence based dietetic management for eating disorders.

Polycystic ovarian syndrome is the most common cause of ovulatory infertility and 40% of those affected experience diabetes by the time they are 40. Most dietitians rely on weight centric calorie restrictions and low carb diabetic meal planning to treat PCOS yet those don't work for most people. Research suggests people with PCOS are four times more likely to experience an eating disorder in their lifetime. The push to diet and restrict certain foods fuels an eating disorder and prevents access to eating disorder recovery. This presentation will focus on filling up the healthcare provider's toolbox with concrete weight inclusive tools to help clients understand their physiology, improve body image, and illuminate their path toward eating disorder recovery.

This collaborative workshop will include information on:

- The reproductive, psychological and metabolic consequences of PCOS throughout the lifecycle
- Common PCOS client stuck points while navigating eating disorder recovery with non-diet tools to navigate them
- Weight inclusive and non-diet Medical Nutrition Therapy uniquely designed for people with PCOS

Date: 5th August 2025

Time: 08:00 – 11:00 (AWST) – *check time difference if attending outside WA*

Location: Online – via MS Teams

OR

Recording – available 2 weeks post workshop

Cost: \$100 (inc GST) for all clinicians

WA health clinicians ONLY – if service is paying then still register via Try Booking and complete [this form](#)

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

Registrations Close: 22nd July 2025 at 5pm

Julie Duffy Dillon MS, RDN, NCC, LDN, CEDS-C



Julie Duffy Dillon is a Registered Dietitian and Host of Find Your Food Voice®, a popular long running nutrition podcast. Through speaking and writing, she helps people with PCOS and a complicated relationship with food strategize how to remove the shame and blame dumped on them from the diet industry. Her work has been featured on TLC and in the New York Times, Outside Magazine, Shape and other outlets. She is the author of the book, Find Your Food Voice (Hachette, March 2025).

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Learn more about Julie at JulieDuffyDillon.com

Eating Disorders for Medical Practitioners

½ Day Workshop

The workshop will be led by Consultant Psychiatrist Dr Lisa Miller and Consultant Physician Dr Sivanthi Senaratne of the WA Eating Disorders Outreach & Consultation Service.

The workshop is suitable for medical practitioners at all levels of experience, working in physical and or mental health care across a range of inpatient, outpatient and community settings.

This collaborative workshop will include information on:

- Introduction to Eating disorders – aetiology and risk assessment
- Understanding refeeding syndrome and management of medical complications in eating disorders
- Neurobiology of starvation and impact on engagement with care
- Introduction to principles of evidence-based treatments in eating disorders
- Supporting youth and adults with an eating disorder co-occurring with other mental health presentations
- Navigating the continuum of care for youth and adults with eating disorders in WA.
- Understanding the clinician experience and strategies to reduce burnout

Date: 19th August 2025

Time: 08:30 – 12:00 (AWST)

Location: In Person – 516 Hay Street Subiaco, WA 6008 OR

Online – via Microsoft Teams OR

Cost: FREE

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

Registrations Close: 5th August 2025 at 5pm



WAEDOCS Reconceptualising Weight Goals

½ Day Workshop

This workshop is suitable for **ALL** clinicians working with people living with an eating disorder.

Clinicians have begun to recognise the limitations of some of the guidelines espoused by evidence-based treatment approaches that were developed and manualized over 20 years ago. A recent paper (Byrne & Fursland, 2024) offered suggestions for updating several areas of focus, one of which was treatment weight goals. This workshop will highlight the importance of reconceptualising weight restoration goals.

This collaborative workshop will include information on:

- The danger of prolonged weight suppression
- The importance of appropriate weight restoration for long term recovery
- Explore looking beyond the “healthy weight” range and the target weights mentioned in Family Based Treatment (FBT) and Enhanced Cognitive Behaviour Therapy (CBT-E) manuals
- Proposal of an algorithm (after Peebles et al, 2024) for calculating adolescent weight goals and a model for estimating appropriate weight goals for adults
- Via case examples, illustrate the application of these algorithms

Participants will break into small groups to work through additional case examples. There will be ample time for discussion about the strengths and limitations of our proposed methods for assessing weight goals.

Date: 16th September 2025

Time: 09:00 – 13:00 (AWST) – *check time difference if attending outside WA*

Location: In Person – 516 Hay Street Subiaco, WA 6008 **OR**

Online – via Microsoft Teams **OR**

Recording – available 2 weeks post workshop

Cost: FREE for WA Clinicians | \$90 (inc GST) clinicians outside WA

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

Registrations Close: 2nd September 2025 at 5pm



WAEDOCS 1-Day Workshop for Health Professionals on the Management of Eating Disorders in Youth (>16 years) & Adults

Full Day Workshop

(NEDC/ANZAED Accredited)

This workshop is suitable for ALL clinicians collaborating with people living with an eating disorder.

This 1-day introductory workshop is designed for health professionals across all care settings who have limited experience with providing evidence based, contemporary treatment for people living with an eating disorder.

This workshop includes activities, group work and input from a multi-disciplinary team specialising in eating disorder care and treatment.

This collaborative workshop will include information on:

- Understand the types of DSM-5 eating disorders (ED's) & MBS items for accessing specialised care
- Understand the evidenced based management of eating disorders via a collaborative stepped system approach
- Identify physical & psychological effects of malnutrition & refeeding risks
- Understand the evidenced based treatment approaches to eating disorder management
- Understand the relationship between eating disorders & Co -occurring mental health conditions
- Identify how an eating disorder can affect an individual through the perspective of a lived experience

Date: 14th October 2025

Time: 07:45 – 16:15 (AWST) – *check time difference if attending outside WA*

Location: ONLINE ONLY

Cost: FREE for WA clinicians | \$180 (inc GST) clinicians outside WA

Register at TryBooking: <https://www.trybooking.com/CYCEP>

Registration Close 30th September 2025 5pm



Interprofessional Enhanced Cognitive Behaviour Therapy (CBT-IE)

½ Day Workshop

This workshop is suitable for dietitians and clinical psychologists working with people living with an eating disorder. Formal CBT-e training is a prerequisite to attend this workshop.

ICP involves shared treatment planning and goals, role clarity, interprofessional communication and teamwork. We have developed an interprofessional adaptation to Enhanced Cognitive Behavioural Therapy, otherwise known as Interprofessional Enhanced Cognitive Behavioural Therapy (CBT-IE), to facilitate ICP between the two disciplines in outpatient eating disorder treatment.

This collaborative workshop will include information on:

- An introduction to Interprofessional Enhanced Cognitive Behaviour Therapy (CBT-IE)
- An overview of the treatment model and discussion of a CBT-IE case study
- Discuss the theoretical rationale for applying ICP to outpatient eating disorder treatment
- Explore attendees experiences of working in siloed versus collaborative interprofessional teams
- Identify the core elements of collaborative care between mental health professionals and dietitians in eating disorder treatment
- Participants will also engage in a role play of two of CBT-IE's and work in small groups to brainstorm, and problem solve, some of the challenges of implementing CBT-IE in the real world

Date: 11th November 2025

Time: 09:00 – 13:00 (AWST)

Location: In Person – 516 Hay Street Subiaco, WA 6008 OR

Online – via Microsoft Teams OR

Recording – available 2 weeks post workshop

Cost: \$90 (inc GST) for all clinicians

WA health clinicians ONLY – if service is paying then still register via Try Booking and complete [this form](#)

Register at TryBooking: <https://www.trybooking.com/CXPYV>

Registrations Close: 28th October 2025 at 5pm



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:

Clinician Name: _____
 Clinician Workplace: _____
 Clinician Contact Number: _____
 Clinician Contact Email: _____
 Name of Workshop: _____

Please debit the total amount due: \$90.00 (inc GST) **OR** \$180.00 (inc GST)

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.education@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.



Additional Training Opportunities

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 – General Eating Disorder Education

The Centre for Clinical Intervention (CCI)

The only public specialist clinical psychology service for WA who develops 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 \(health.wa.gov.au\)](https://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 about other training opportunities around Australia head to [Upcoming training and events \(nedc.com.au\)](https://nedc.com.au) or head to [Home \(nedc.com.au\)](https://nedc.com.au) to sign up as a 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](https://anzaed.org.au)

23rd Annual ANZAED Conference: People at the heart of care: Cultivating innovation in prevention, treatment, support, and research.

Date & Time: Thursday 28th August-Sunday 31st August 2025, Naarm Melbourne

Registrations No Open

Further details: conference@anzaed.org.au

Facebook: <https://www.facebook.com/ANZAED.EatDisord/>

Twitter: @ANZAED1



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 [Eating Disorder Training Australia - CEED](#)

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 [eLearning \(insideoutinstitute.org.au\)](http://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 \(safeexerciseateverystage.com\)](http://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 - Autism Training](#)

This document can be made available in alternative formats on request for a person with a disability.

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