Welcome to the November edition of PEWBig news for 2016.

We would like to thank our members for being involved in our PD events for 2016. We have successfully run 5 webinars on the following topics: Schema Therapy for Eating Disorders, EFT/Tapping, Body Image in Males, Body Positive Australia, and the 12 Month Transformation. For the remainder of 2016, we still have two more PD opportunities. Details of these events will be provided in the newsletter, and all are welcome to register online via our website. Please be quick in order to avoid missing out on a spot.

In this newsletter edition, we also have 2 professional portfolios, a research summary, information on mindful eating and information on Eating disorder support groups.

We hope you will enjoy the newsletter and always welcome contributions for the next one. Please email pewbig@gmail.com with your contributions.

Jessica Ciarma, Newsletter Editor
On behalf of the PEWBig National Committee
## PEWBIG PD EVENTS

### PEWBIG PD CALENDER FOR REMAINDER OF 2016

<table>
<thead>
<tr>
<th>Date &amp; time</th>
<th>Presenter</th>
<th>Topic</th>
<th>Cost</th>
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<tbody>
<tr>
<td><strong>30.11.16</strong></td>
<td><strong>Pennie Taylor</strong></td>
<td>Understanding Weight Loss Surgery and the Impact on Eating Behaviours and Dietary Requirements</td>
<td>APS/PEWBig member: Free</td>
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<tr>
<td><strong>7:30pm AEDT</strong></td>
<td><strong>Director and Principal Dietitian at EvolvMe</strong></td>
<td></td>
<td>APS/PEWBig Non-member: $10 **</td>
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<td>APS/PEWBig Student member: <strong>Free</strong></td>
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<tr>
<td><strong>8.12.16 &amp; 9.12.16</strong></td>
<td><strong>Claudia Mendez</strong></td>
<td>Schema Therapy for Eating Disorders</td>
<td>APS/PEWBig member: $550 **</td>
</tr>
<tr>
<td><strong>9am-5pm AEDT</strong></td>
<td><strong>Clinical Psychologist</strong></td>
<td></td>
<td>APS/PEWBig Non-member: $695 **</td>
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<td></td>
<td>APS/PEWBig Student member: $250 **</td>
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TO REGISTER FOR THESE EVENTS, PLEASE GO TO OUR WEB PAGE:  
[https://groups.psychology.org.au/pewbi/](https://groups.psychology.org.au/pewbi/)

SEE BELOW FOR FURTHER DETAILS
## PEWBig PD EVENTS

### Webinar – Understanding Weight Loss Surgery and the Impact on Eating Behaviours and Dietary Requirements

<table>
<thead>
<tr>
<th>Presenter:</th>
<th>Pennie Taylor: Director and Principal Dietician at EvolvMe</th>
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<tbody>
<tr>
<td>Date</td>
<td>30.11.16</td>
</tr>
<tr>
<td>Time</td>
<td>7:30pm AEDT</td>
</tr>
<tr>
<td>Venue</td>
<td>Australia Wide Webinar</td>
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**Bio**

Pennie Taylor is the senior research dietitian for the CSIRO Food and Health Flagship and the co-author and contributor to many of CSIRO’s programs. Such CSIRO programs include Total Wellbeing, Diet Online, and Impromy,™ a pharmacy delivered program which aims to maximise health and wellbeing through better nutrition, physical activity and weight management.

Within her most recent role at CSIRO, Pennie has managed and supported many clinical research projects that explore the influence of dietary patterns and dietary composition on health outcomes. This includes weight loss and metabolic variables among morbidly obese, with pre-existing co-morbidities. Pennie is also a Director of EvolvME and Danny’s Place, specialised weight management clinics for complicated adult and adolescent obesity, including weight loss surgery.

Pennie is an active committee member for the Dietitians Association Australia (DAA) and the Obesity Surgery Society Australia and New Zealand (OSSANZ). Her PhD is investigating the *Strategies to optimise glucose variability, appetite responses and feeding behaviour in type 2 diabetics.*

**Workshop description**

The purpose of the webinar is to provide an overview of the common weight loss surgeries conducted in Australia. Each surgery has a unique impact on the surgery recipient which impacts greatly on food choice, food tolerance, and eating behaviours. The presentation will explore the eating requirements post-operative, and identify what issues can arise.

**Learning outcomes:**

- Gain knowledge on the different weight loss surgeries conducted in Australia
- To understand the impacts that weight loss surgery can have on an individual, post surgery.

**Prerequisites**

N/A

**Cost**

- APS/PEWBig member: Free
- APS/PEWBig non-member: $10
- APS/PEWBig student member: Free

**To register**

2 Day Workshop - Schema Therapy for Eating Disorders

**Presenter**  
Claudia Mendez: Clinical Psychologist

**Date**  

**Time**  
9am to 5pm on both days

**Venue**  
The Treacy Centre  
126 The Avenue, Parkville, VIC, 3052

**Bio**  
Claudia is a clinical psychologist with experience working in both the government and private setting. Claudia has worked within the Hunter New England Local Health District and South West Sydney Local Health District providing psychological interventions for complex mental health presentations. She currently works for the Liverpool and Fairfield Mental Health Service working with adults who experience complex mental health, trauma, personality disorders and the provision of training and supervision for clinicians. Claudia has also been involved in the delivery of Group Schema Therapy for Eating Disorders as part of an RCT currently underway in Australia.

**Workshop description**  
This is a 2 day workshop on Schema Therapy (ST) for eating disorders. This workshop aims to teach powerful techniques for working with entrenched core beliefs and schemas with this difficult to treat population. The training will cover Schema Therapy case formulation and skill application of core ST techniques including limited reparenting, empathic confrontation, chair work and imagery rescripting. The training will be largely experiential, allowing participants to experience and practice the techniques. You will also have an opportunity to learn about the application of schema therapy in a group context through discourse.

**Learning outcomes**  
At the completion of the workshop participants will have:

- Developed ST mode case formulation for clients presenting with eating disorders
- Identified core schema and unmet childhood needs
- Developed a familiarity with ST techniques and their application.
- Gained knowledge of the application of ST within a group format

**Prerequisites**  

**Cost**  
APS/PEWBig member: $550  
APS/PEWBig non-member: $695  
APS/PEWBig student member: $250

**To register**  
1. About Dr Lewis
Dr Vivienne Lewis is a clinical psychologist working at the University of Canberra and in private practice specialising in body image and eating issues in men, women and children. She has been engaged in research and clinical work in these areas for over 12 years and has been running a group program for female adolescents and women through the University of Canberra called Positive Bodies: Loving The Skin You’re In. Dr Lewis completed her Doctorate in Psychology at Murdoch University, Perth and has served on numerous APS committees over the years. She has recently released her second book entitled No Body’s Perfect which is a book for helpers of children and young people. It was written with teachers, parents and counsellors in mind to assist with positive role modelling as how to structure education and intervention with children and young people of both genders. Her first book is a self-help book for those with body image and eating issues called Positive Bodies: Loving The Skin You’re In. Both are through Australian Academic Press.

2. What does an average week look like?
Dr Lewis spends her time teaching psychology to Clinical Masters of Psychology students, supervising trainees and full-qualified psychologists, running the ACT Eating Disorders Specialist’s Group, working with the APS Clinical College National Committee, researching and working with clients in her private practice.

3. What do students experience?
Dr Lewis has supervised many Clinical Masters students towards completion of their studies over the 12 years she’s been at the University of Canberra and engages them in running the Positive Bodies group program at the University. Many graduates have continued to be supervised by Dr Lewis for their Clinical Registrar Program. She loves to see students getting passionate about this area of work at both the undergraduate and graduate level.

4. What are some of the challenges of Dr Lewis’ work?
Some of the challenges Dr Lewis sees involve engaging men in the therapeutic process as they are much less likely to come for therapy especially in relation to body image. So it’s important we get the word out there that it’s normal for boys and men to have issues with their appearance and suffer mental health issues as a consequence.

5. What are Dr Lewis’ future goals?
Dr Lewis plans to continue her work in the area of body image as it’s a fun and rewarding area to work in. Seeing clients progress through therapy is most rewarding as is producing quality resources to assist the community.
PROFESSIONAL PORTFOLIO

DR PETA STAPLETON
Clinical & Health Psychologist, Bond University
EFT Trainer and Researcher

1. Outline of current role/position:
I am an Associate Professor at Bond University (Queensland) and am the Program Director of the Masters of Clinical Psychology Program there. I also maintain a private practice as a Clinical & Health endorsed Psychologist.

2. Outline of qualifications:
I have a Bachelor of Arts (Psychology), Postgraduate Diploma in Psychology, and a Doctor of Philosophy

3. Explain a ‘day in the life’ of your work:
Typically I might do supervision for one or two of my students where I am their primary supervisor for their psychology thesis - they might be Honours, Masters or PhD students (I have about 12 of them at present!). I teach at the Honours and Masters level so will also lecture during the week. I am also an active researcher so am either conducting clinical trial research, or preparing a new trial or writing up our clinical trials for publication. In addition, I supervise graduates for endorsement after they complete their Masters degree, so will do several supervision sessions throughout a week for this too. I am also currently writing a book on Emotional Freedom Techniques for Teens and another on Weight Issues, and also a book chapter for a new therapy guide that is coming out in 2017.

4. What advice would you give to students hoping to work in this field?
Try and complete your degree right through to the Masters level - I find it gives you a very solid foundation. Then make it an aim to find a specialisation in the field as your career progresses. I believe it helps with getting your name known. Do volunteer work if possible, to build your skills and your Resume. Go to networking events as a student to start to get to know similar people in your area and you might even find a mentor. Choose someone about 15-20 years down the track who is at a level you aspire to (and still passionate about what they do), and ask them how they got there!

5. What do you see as the challenges of your work?
Probably saying no to graduates who need supervision - we don’t seem to have enough supervisors so there is a skill area that might be a goal too! I juggle teaching and research as I have both hats in my role, but I do love both areas.

6. What are your goals for the future?
That the research area I investigate (Emotional Freedom Techniques) makes the list of evidence based therapies (e.g. with Medicare) and is taught in schools to young students as a stress management tool - I look forward to the day that this psychological tapping technique is normal and dare I say, even mainstream!
JAKE LINARDON, PhD Candidate
Australian Catholic University (ACU)

Study title: The effectiveness of cognitive-behavioural therapy for eating disorders on quality of life: A meta-analysis
Supervisor: Dr. Leah Brennan

Study description:

Rationale: Consider the following example: A researcher assesses an individual with an eating disorder and finds out that cognitive-behavioural therapy (CBT) has reduced this individual's concerns about weight, shape and eating. Treatment is therefore determined a success. However, the individual still reports that their residual symptoms are still negatively impacting their social life and psychological wellbeing. Was CBT really successful then?

Since CBT is effective for reducing eating disorder symptomology, it is currently recommended as a first-line of treatment for eating disorders. However, even after symptom improvements are made, many individuals report that their condition is still negatively impacting various life domains. This is unfortunate, as a people with eating disorders typically seek treatment because of the deliberating effect their condition has on the quality of life (QoL). Therefore, it is timely and pertinent to assess whether CBT for eating disorders can actually improve QoL, and whether these improvements – if there are any – are larger than other eating disorder treatments. These were the objectives of this meta-analysis.

Method: Thirty-four studies that assessed the impact of CBT for eating disorders on QoL were included in this study. Analyses were conducted testing whether (1) CBT led to improvements in QoL from pre to post-treatment and from pre-treatment to follow-up, and (2) post-treatment and follow-up QoL scores were larger in CBT conditions, relative to wait-list controls and active comparison treatments. Effect sizes were based on Hedges $g$.

Results: CBT for eating disorders led to modest and significant improvements in QoL from pre to post-treatment ($g=.52$). Importantly, the effects were larger at 12 month follow-up ($g=.68$), suggesting that QoL improvements are sustained well after treatment ends. Improvements were made for both generic QoL and eating disorder-specific QoL. Additionally, we found that QoL improvements were greatest for when CBT was administered individually and was therapist-led (as opposed to group CBT or CBT guided self-help), and when CBT was administered according to a treatment manual. Finally, albeit with small-medium effect sizes, CBT was more effective at improving short and long-term QoL than both wait-list controls and active psychological comparison treatments (e.g., interpersonal therapy, behavioural weight loss).

Implications: These findings indicate that CBT for eating disorders is effective for improving an individual’s QoL. In addition, these findings reinforce already existing treatment guidelines that recommend CBT as a first-line of treatment for eating disorders, as CBT was shown to be superior to active psychological comparison treatments at improving QoL. For maximum QoL improvements, CBT should be delivered individually and by an evidence-based manual.
What is mindful eating?

Being mindful is about focusing your attention and awareness on the present moment to help disconnect from habitual, unsatisfying and harmful habits and behaviours. Mindful eating, put simply, is the opposite of mindless eating.

The mindful eating approach employs strategies which can help change the way we respond to food, both physically and emotionally. Adopting a mindful eating mentality involves:

- Being aware of the positive and nurturing opportunities of food preparation and consumption
- Choosing to eat food that is both pleasing and nourishing to the body by using your senses to explore, savour and taste
- Acknowledging responses to food without judgement
- Being aware of physical hunger and satiety cues to guide decisions to start and stop eating
- Identifying personal triggers for mindless eating whether they are emotions, social pressures or certain foods.

Further information on mindful eating can be found on the following websites:

**www.eatingdisorders.com.au**

Eating Disorders Victoria website. Includes dates for upcoming mindful eating workshops.

**www.eatingmindfully.com**

This website contains information about mindful eating as well as some good books by Susan Albers

**www.tcme.org**

The Center for Mindful Eating (TCME) provides a wide variety of resources and training for those seeking up-to-date information about mindful eating practices, research, and education.
Useful resources on mindful eating

Five good minutes in your body

(Jeffrey Brantley, Wendy Millstine) 100 mindful practices to help you accept yourself and feel at home in your body.

The Camp System - Learning to live in balance and harmony with food (Frederick Burggraf) Control, Attitudes, Mindfulness and Portions (CAMP) system places importance on how to eat rather than what to eat.

Mindless eating (Brian Wansink) Food psychologist Brian Wansink revolutionises our awareness of how much, what and why we’re eating – often without even realising it.

Eating mindfully (Susan Albers) The key to changing the way you eat is not discipline over what is on your fork, but mastery over your mind.

Eat, drink and be mindful (Susan Albers) Tips, activities and checklists to help you start a mindful eating program, evaluate your progress and discover a healthier and richer relationship with food.

Eating the moment (Pavel G. Somov) Activities to help you listen to your body, understand why you’re eating and control your cravings if you’re eating out of habit or because of your emotions.

Full catastrophe living (Jon Kabat- Zinn) This book shows you how to use natural, medically proven methods to soothe and heal your body, mind and spirit.

Mindful eating (Jan Chozen Bays) A guide to rediscovering a healthy and joyful relationship with food.
EATING DISORDER SUPPORT GROUPS

Butterfly Foundation for Eating Disorders – NSW, SA & QLD
The following is taken from: https://thebutterflyfoundation.org.au/our-services/support-groups/recovery-support-groups/

Butterfly invites those experiencing an eating disorder; Anorexia, Bulimia, Binge Eating Disorder and Other Specified Feeding and Eating Disorder (OSFED) to attend our Recovery Support Groups held once a month in Sydney, Adelaide and Townsville. These groups provide opportunities for gaining information, insight, encouragement and support from others with similar experiences in a safe, confidential and non-judgemental environment. These groups provides opportunity to:
• Discuss and share your lived experience
• Learn and share coping strategies
• Meet others in a similar situation to you
Participants must be 18 years or over and motivated to engage. Call 1800 33 4673 or email support@thebutterflyfoundation.org.au for more information.

Eating Disorders Victoria
The following is taken from: https://www.eatingdisorders.org.au/our-services/support-groups/

What is an EDV support group?
EDV Support Groups give people affected by an eating disorder the opportunity to draw upon the support, experience and skills of others facing similar issues. EDV groups allow people to discuss and share their experiences, emotions and challenges, and to develop positive strategies in a safe and supportive environment. EDV groups are for those aged 18+.

Who runs the groups?
Trained volunteers facilitate all EDV Support Groups. Many of our volunteers have personal lived experience with an eating disorder or have been a carer.

How much does it cost?
Groups cost $3, payable at the beginning of the session.

How to book?
Contact the Helpline on 1300 550 236 Monday-Friday between 9.30am and 5.00pm.

Where are the support groups?
**Abbotsford:** Collingwood Football Community Centre Level 2, Cnr Lulie and Abbot Sts, Abbotsford 3067
**Camberwell:** Bowen St Community Centre, 102 Bowen St, Camberwell 3124
**Dandenong:** CareConnect Offices, Level 2, 238 Lonsdale St (next to ANZ bank), Dandenong 3175
**Footscray:** The Body Voice Centre, 50 Wolverhampton St, Footscray 3011
**Geelong:** Lifeline Training Facility, 1 Mckillop Street, Geelong
**Lilydale:** Inspiro Community Health Service, 17 Clarke St, Lilydale 3140
**Mornington:** Mornington Community Contact Inc, 9-11 Albert Street, Mornington 3931
**Ringwood:** Each Social & Community Health, 46 Warrandyte Road (Building B), Ringwood 3134
FREE PD IN THE PSYCHOLOGY OF WEIGHT MANAGEMENT!!

- Do you feel like more specialist knowledge would help you get better results with your weight management clients?
- Are you looking to develop a speciality in the emerging psychology of weight management area?
- Would you like support in translating evidence-based research into practical ideas to use with clients?

Specialist Weight Management Psychologist, Glenn Mackintosh has started a great new YouTube Channel answering people’s questions on the psychology of eating, physical activity, weight, and body-image every two weeks called Thursday Therapy.

Psychologists are loving it, saying that not only do the videos help them learn more about working with their clients in this area, they also help explain and reinforce psychology-based ideas to their clients, and some even share the videos in session!

And, it’s FREE too – Here’s the links to sign up:

If you have a gmail/YouTube account*: http://bit.ly/1Wc0y4U

OR

If you don’t**: http://eepurl.com/-whnD
CONFERENCES AND WORKSHOPS

Using Expressive Arts Therapy and Health at Every Size ® to address Eating Disorders and Body Image Dissatisfaction
Dec 12th 2016 Melbourne. Workshop Facilitator: Dr Deah Schwartz

About the Workshop
Expressive Arts Therapies offer a powerful alternative to cognitive dominated therapies for disordered eating and can be a game changer for clients looking for new ways to engage in ED recovery work. This workshop is a unique opportunity to learn from an international leader in the field of expressive arts and disordered eating/body image work and is suitable for all professionals in this specialty. Dr Deah Schwartz will be sharing hands on activities designed to increase a client's insight into their behavior, explore triggers, and consider alternative thoughts and attitudes about themselves and their bodies. Dr Schwartz will be utilizing video clips and 'session plans' from her published works including:

- NAAFA Award winning Off-Broadway psychodramatic theater piece: “Leftovers: The Ups and Downs of a Compulsive Eater”
- Dr Deah’s Calmanac: Your Interactive Monthly Guide for Cultivating a Positive Body Image 2013 Dr Deah’s Body Shop

Dr Schwartz's breadth and depth of experience will ensure participants walk away with practical tools ready for immediate use. Catering, all art materials and a workbook including ongoing skills resources and step-by-step instructions for expressive arts therapy techniques are included

What you will learn
At the completion of training you will be able to:
- Identify at least 2 triggers for disordered eating and body dissatisfaction that are unique to specific times of the year.
- Engage in at least 3 expressive arts therapy interventions to address these unique triggers focusing on mind-body integration
- Identify at least 2 benefits for using a multi-modality approach to assist development of self-acceptance, awareness & compassion in your clients with body/eating issues
- Learn about the basic tenets of HAES ® and how these tenets relates to body image
- Identify variations and adaptations of activities to address individual needs of clients and group size.

How this will help you in your work
- Add a set of creative tools to your therapy skills tool kit and feel confident to use them
- Incorporate body inclusive strategies to your practice to prevent reinforcing the mind-body split inherent in the experience of your clients’ ED
- ‘Press Refresh’ and enjoy a great day of learning and affirming your skills with like-minded colleagues in this demanding special interest area
Dr Deah Schwartz
Ed.D, MS, MA, CTRS, CCC
Creative Arts/Recreation Therapist, Educator and Author

www.drdeah.com

About the Speaker www.drdeah.com/about/
Dr Deah (Day-uh) Schwartz is a Clinician, Educator, Author and Performer with a private practice in Oakland CA USA with more than 30 years’ experience in using Expressive Arts and Recreational Therapies to treat Eating Disorders and Body Image issues. Her experience includes a 10 year Professorship at San Francisco State University preparing students for careers in Recreation & Expressive Arts Therapy. Dr Deah is the author of Dr Deah’s Calmanac Your Interactive Monthly Guide for Cultivating a Positive Body Image and co-author of Leftovers, The Ups and Downs of a Compulsive Eater DVD/Workbook Set. Click here to view the ‘Leftovers’ DVD trailer or access: http://www.drdeah.com/about/. Dr Deah writes a syndicated blog Tasty Morsels that promotes self-acceptance with humorous, poignant reflections and stories from her work and personal experience. Dr Deah’s work is courageous, innovative and one-of-a-kind, admired by many in the Eating Disorder/ Body Image HAES ® field for its originality and power to bring the body back into the room in ED therapies. To hear Dr Deah talk about Expressive Arts and ED treatment click on this link

Workshop Details

When: Monday December 12th 2016. 9.15am for 9:30am – 5pm

Where: Rosina Auditorium Abbotsford Convent 1 Heliers St Abbotsford VIC 3067
Refer here or go to www.abbotsfordconvent.com.au for parking/transport info

Cost: All Fees are inclusive of GST and incur a 2% Booking Fee
Early bird $295.00 NOW EXTENDED TILL 25/11/16
Group Discount $265.00 Close 25/11/16 (bookings of 3 or more)
Concession Ticket $200 Please email Tara re eligibility
Registrations Close 25/11/16 Please book early to help with planning

TO BOOK: Please go to www.trybooking.com/LMHG

Enquiries: tara@taramacgregor.com.au
NSW WORKSHOP:

**Workshop Details**

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**When:** Wednesday December 7th 2016. 9.15am for 9.30am – 5pm

**Where:** Johnson Hall, Crows Nest Centre 2 Ernest Place Crows Nest NSW 2065

Refer [here](https://www.trybooking.com/LMGI) or go to [http://www.crowsnestcentre.org.au](http://www.crowsnestcentre.org.au) for parking/transport info

**Cost:** All Fees are inclusive of GST and incur a 2% Booking Fee

- Early bird $295.00
- Group Discount $265.00
- Concession Ticket $200
- Registrations Close 25/11/16

NOW EXTENDED TILL 25/11/16

Close 25/11/16 (bookings of 3 or more)

Please email Tara re eligibility

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**TO BOOK:** Please go to [https://www.trybooking.com/LMGI](https://www.trybooking.com/LMGI)

**Enquiries:** [tara@taramacgregor.com.au](mailto:tara@taramacgregor.com.au)


2017 - The 15th annual conference Sydney

[ANZAED 2017 Conference: Sydney](http://www.anzaedconference.com/

1-2 September, 2017

**Venue:** Sheraton 4 Point Hotel
Darling Harbour

**Keynote speakers:** Josie Geller
Kate Carnell

**Convenors:** Jo Titterton & Chris Thornton

Conference website
CONFERENCES AND WORKSHOPS

JOURNAL OF EATING DISORDERS

Clinical Management of Compulsive Exercise in Eating Disorders
workshop
Banksia Room, Holiday Inn Potts Point
203 Victoria St, Potts Point, Sydney
Friday December 2 (9:30am – 4:30pm)

The majority of people with anorexia nervosa (AN) and many with other eating disorders have compulsive exercise. With researchers at Loughborough University Professors Touyz and Hay have developed and researched a new approach to management of compulsive exercise that is fully integrated with cognitive behaviour therapy and has been tested in controlled trials and in group as well as individual formats. This approach moves beyond merely “allowing” exercise following weight regain to addressing directly the psychological underpinnings of compulsive exercise and moving towards a positive reintegration of exercise in the person’s life.

In this workshop Phillipa and Stephen will:
- present an overview of and session by session description of LEAP; the Loughborough Eating disorders Activity therapia
- report the outcomes of the controlled trials including modifications to LEAP for groups.
- utilise clinical case vignettes and role plays to illustrate and practice specific management elements.
- conclude with an open 'question and answer' session with an opportunity to discuss participant cases.

COSTS: Full: $325, Student rate: $225 (20% discount for ANZAED members). Includes all handouts, morning tea, a delicious lunch and afternoon tea.

REGISTRATION & INFO: http://jeatdisord.weebly.com/sydney-workshop.html
ENQUIRIES: jfree38@gmail.com
CONFERENCES AND WORKSHOPS

CEED
The Victorian Centre of Excellence in Eating Disorders

Eating Disorders Online Learning Program for Health Professionals

Target Audience: Victorian health professionals. Please note: Completion of the Eating Disorders Online Learning Program will be a basic prerequisite for more advanced CEED training.

* Clinicians employed in Victorian public mental health services may be eligible to apply for funding for this program from their mental health training Cluster (follow applications link for details).

Training Applications: http://www.trybooking.com/BSKI

Program details: The program has been designed for health professionals working with eating disorders by the Centre for Eating & Dieting Disorders NSW. CEED is pleased to be able to offer this program to Victorian health professionals.

The program is 5 modules of introductory to advanced levels of theory, practice knowledge and resources essential for health professionals working in the eating disorders field. Each module contains core curriculum, a quiz, and in-practice session with more in-depth view of the topic, clinical tools and a resources section. Formats include interactive text, role play examples by specialist in the field and feedback from sufferers and their families.

On satisfactory completion health professionals may be eligible for CPD points:

○ GPs’ who complete the program will be able to self record and claim 2 Category 2 CPD points for each hour they participate in the program.
○ Other professional groups may claim 3.5 CPD points per unit.

Participants will receive a certificate at the completion of each module.
CALL FOR NOMINATIONS

The committee welcomes nominations for new members. The current committee is proud of its achievements in establishing and maintaining a vibrant and diverse interest group and we are inviting current members willing to be involved with this great work to contact us at pewbig@gmail for a nomination form. We hope to hear from you!