

INCLUSIVE AND TRAUMA-INFORMED EATING DISORDERS TRAINING FOR DIETITIANS

COURSE OUTLINE

MODULE 1: INTRODUCTION, AND MEET YOUR HOSTS

RECORDED, ONLINE

- Hello! And welcome!
- Our intentions for this course
- How to set yourself up for learning
- What you can expect to learn – a guide to the course content
- This work – what you might expect

Time Check – Approximately 1.5 hrs

MODULE 2: SETTING UP A STRONG FOUNDATION

DIAGNOSTICS

RECORDED, ONLINE

- ED Diagnoses (DSM-5)
- Pros/Cons of diagnostics
- “Atypical” presentations and differential diagnoses

EATING DISORDERS IN COMMUNITY GROUPS

RECORDED, ONLINE

Prevalence rates and important intersecting factors to consider when working with various groups including larger bodied people, males, LGBTQI+ communities, Aboriginal and Torres Strait Islander communities, Maori Communities, Latinx Communities, Neurodivergent communities and EDs in midlife and beyond

INCLUSIVE EATING DISORDER CARE

RECORDED, ONLINE

- What does this mean, and look like in practice?
- What does inclusive care have to do with our work in EDs?
- A primer on Health At every Size[®] and weight inclusive care

RISKS AND PROTECTIVE FACTORS

RECORDED, ONLINE

- EDs as bio-psycho-social disorders
- Common risk factors
- Weight bias and Weight stigma
- Common protective factors, and how we can contribute through our practice!

CONCEPTUALISING EATING DISORDERS

RECORDED, ONLINE

- How do EDs develop over time?
- Form and function – the ED's role

MODULE 3: THE ROLE OF THE DIETITIAN

RECORDED, ONLINE

- Multi-disciplinary Care, working with a team
- Scope of Practice
- Safety
- Ethics
- Supervision

MODULE 4: SCREENING

RECORDED, ONLINE

- Green, Orange, Red Flags
- How to screen well
- At-risk presentations
- Top screening questions
- Formal screening tools
- Decision making pathways

MODULE 5: EVIDENCE-BASED CARE AND PRACTICE-BASED EVIDENCE

RECORDED, ONLINE

- What does the evidence say about treatment for people with eating disorders?
- Evidence based practice, and practice-informed evidence
- The importance of lived experience and client choice

TREATMENT OPTIONS AND PATHWAYS OF CARE

RECORDED, ONLINE

- Exploring treatment options and how to do this well with your client(s)
- Pathways of care
- Stepping and stepping down

LIVE SESSIONS #1 AND #2 (6 HRS)

GETTING STARTED, FIRST 3 SESSIONS

- Setting up a strong foundation from the start – how?
- Priorities and goals of the early sessions
- Relational safety, therapeutic alliance, collaborative relationships

DIETETIC ASSESSMENT

- Inclusive assessment principles
- Assessing children, teens, adults
- Assessment from A to G
- Setting up a treatment plan
- Communicating with client, family, support team

DOING “THE WORK”

- Supporting change
- When change is hard – what comes up for us?
- Decision making
- Meal plans, journaling, weighing
- Non negotiables
- Bringing in support systems

KEY NUTRITIONAL FRAMEWORKS

- Including RAVES, Plate by Plate, the Real Food Pyramid and Rule of 3's.
- Levels of Care – decision making, moving up and down levels of care
- When and how to shift towards “Intuitive Eating”

MODULE 6: AN INTRODUCTION TRAUMA INFORMED CARE

RECORDED, ONLINE

- What is Trauma-informed care?
- Understanding trauma and how it shows up in behaviours
- Nervous system states
- The Dietitians role, scope of practice
- What to do in the room with your clients

MODULE 7: NUTRITIONAL AND OTHER CONSIDERATIONS

RECORDED, ONLINE

- Co-occurring conditions

- Malnutrition and weight suppression
- Gut conditions

MODULE 8: MEDICAL MANAGEMENT

RECORDED, ONLINE

- Common medical co-conditions
- Laxative management
- Bias in medical settings, advocacy
- Medical monitoring
- Harm reduction
- Medications
- Common medications that clients may be on – what they are for, how they work

MODULE 9: INTER-PERSONAL PROCESSES

RECORDED, ONLINE

- What happens in the room with us, between the client and us, and within the client
- Transference, Parallel process, triangulation, projection
- Boundaries

LIVE SESSION #3

COUNSELLING SKILLS AND BEHAVIOUR CHANGE

- The process of change
- Working with ambivalence
- Options for behaviour change modalities

STAGES OF CHANGE

- Our job by stage
- What helps, what gets in the way
- Exploring Support Styles (Treasure)

MODULE 9: MOVEMENT

RECORDED, ONLINE

- Frameworks and Models to help our decision making
- MAWDIVE, SEES
- What, who, how, when

RECORDED, ONLINE

- Mindfulness
- Self Compassion
- Intuitive Eating
- Body Image