

EATING DISORDERS AND BODY IMAGE TRAINING AND SUPPORT OPPORTUNITIES FOR AUSTRALIAN DIETITIANS

GETTING STARTED:

At the start of your career, or work with people with Eating Disorders, the most important skills are allowing yourself space to grow and learn. It may feel like there's a lot to learn (and there is!) but taking your time to take steps which gradually builds your confidence, insight and skilfulness is critical.

Start with a course which feels like it offers foundational instruction in safe and ethical care. Partner this with setting up a supervisory partnership (individual or group, see "keeping it going" section) and you'll be well on your way to working effectively and confidently.

[Foundations of Eating Disorder care for Dietitians](#) With Fiona Sutherland and Shane Jeffrey (Australia)

[Nutrition Counseling for Eating Disorders 5-part series](#) with Marci Evans (USA)

[Eating Disorders Essentials for Dietitians](#) by Inside Out Institute (Australia)

[Eating Disorders Bootcamp](#) with Jessica Setnick (USA)

KEEP IT GOING AND BUILDING YOUR SUPPORT

Once you've had some foundational training, staying well supported is really important to further develop your skills and take good care of yourself as you're doing this work. Having a membership with a professional organisation and linking in with online groups and forums can be a really helpful way to feel supported and ask questions in a way that contributes to continued growth over time.

Membership with the [Australia New Zealand Academy of Eating Disorders](#) (ANZAED).

ANZAED is Australia's peak professional body for Eating Disorders and provides high quality opportunities for continued development and community. Join the Nutrition SIG (special interest group) for monthly meetings with guest presenters and a friendly, collegial space. With credentialing coming, this is an organisation well worth being involved in, particularly if you're becoming more involved in ED work.

Join [EDRDPRO](#) (Eating Disorders Registered Dietitians and Professionals) and enjoy a HUGE array of topics in the library, as well as new monthly webinars, round table events, discounts to longer training opportunities and a wonderful community.

Supervision

Free short course – Supervision Essentials

Find a Supervisor

Dietitian Supervision Resources Australia

NEXT STEPS IN TRAINING:

[Body Image: The Missing Piece of Whole Body Healing](#) with Marci Evans (USA) and Fiona Sutherland (Australia)

[Motivational Interviewing Training](#) with Tara McGregor

[Digestive Disorders and Eating Disorders; A Complicated Mix](#) by Marci Evans and Lauren Dear

[EDRDPRO](#) Courses including:

- ARFID for Dietitians
- FBT for Dietitians
- Acceptance and Commitment Therapy for Dietitians
- Binge Eating Disorder Training (coming May 2021)

OTHER RESOURCES:

[ANZAED Dietetic Practice Standards](#) (Australia)

AND Practice Standards (USA) for interest