

CONNECTED

The latest news and updates from the Victorian Centre of Excellence in Eating Disorders



Welcome to the fourth edition of **CONNECTED**

CEED's role is to strengthen the system of care in order to provide excellence in eating disorder treatment. To achieve our vision, CEED supports the establishment of a clear and accessible system of care for clients and carers with eating disorders, that facilitates early identification and a responsive service system. CEED works on assisting the mental health and broader health systems in the provision of and continued development of treatment and care for eating disorders clients and their families.

CEED's Vision:
Victorians will have access to a world-class system of care for the treatment of eating disorders

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Latest News from CEED

- ◆ The National Agenda for Eating Disorders was launched by Minister Hunt on the 19th September in Sydney. This document was published by the Butterfly Foundation, with expert advice from clinicians from every state and territory, as well as those with lived experience of eating disorders and their families. Claire Diffey and Belinda Caldwell from CEED were a part of this process. The National Agenda describes the need for a national approach to develop consistent and evidence-based response and care for people with eating disorders and their families and carers. CEED hopes this document will guide all states and territories, including Victoria, on the way forward to a world class system of care.
- ◆ At the same launch, funding was announced to a) increase the operating hours of EDHOPE, the Butterfly foundation's National helpline, and b) fund the NEDC to develop a Workforce Capability project focusing on frontline clinicians such as GPs and nurses.
- ◆ CEED has recently published several new resources, available through our website's Resources and Links section:
 - ◆ Eating Disorders Early Signs Traffic Light tool for early intervention
 - ◆ Physical risk in Suspected Eating Disorders Mental Health Clinician Response Guide
 - ◆ ED Treatment Setting Decision-Matrix for Adults



CEED Training: CBT-E

CBT-E: Cognitive Behaviour Therapy for Eating Disorders

Friday 27th October 2017, 9:00am-4:30pm

This 1 day workshop provides a comprehensive introduction to Enhanced CBT (CBT-E); the latest version of the leading empirically supported, outpatient psychological treatment for eating disorders. The workshop draws on the work of **Prof Christopher Fairburn**, Director of the Centre for Research on Eating Disorders at Oxford University (CREDO), internationally recognised researcher and author, and **Dr Anthea Fursland**, researcher & principal psychologist of the Eating Disorders Program at the Centre for Clinical Investigations WA (CCI), and current president of the Australian & New Zealand Academy of Eating Disorders.

For more information, please visit the CEED training page: <http://ceed.org.au/training-and-events>

Beyond Diets at Peninsula Health

Beyond Diets was developed for community settings as part of our 2015-16 Early Intervention projects. It is based on the evidence based Set Your Body Free program. Beyond Diets is a six week group program for up to 8-10 participants with disordered eating and image concerns. We asked dietician Erin Farnsworth from Peninsula Health to tell us about their roll out of the program

"We have run Beyond Diets twice now and are moving on to program number 3. So far this program has been extremely rewarding to run – both for my own development as a clinician and for participants involved.

Participants arrive at the program in different stages of motivation, and truth be told many of them arrive with the thin ideal still firmly in their mind. However as the program continues I am amazed to witness the 'AHA' moments, that time when participants become aware of just how debilitating this thin ideal is. We have watched people grow and do things they were afraid to do before. We have had people visit the pool, people eat out in front of others and have photos taken of themselves. And as a clinician I have grown – I think this program has taught me the power of words and of listening and of peoples struggles to live with themselves and just how seriously this impacts their day to day existence and quality of life. Again when the course ends – people are at different stages of their journey along the road of self acceptance.

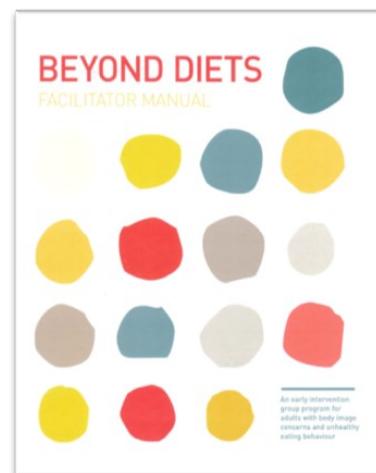
A counsellor and a dietitian working in this program provides a balance to clients of health and behaviour change. From a dietitian perspective it is fantastic to not be lecturing about the 5 food groups, but rather helping people to enjoy food – not see it as the enemy.

We have found the group works well with both therapists facilitating the sessions. We have also found that the use of you tube media clips breaks things up. We also set group rules at the start and one of these is to 'shut down fat talk' In our first group we did not have this rule – but I think it helps.

Recruiting for the group has been relatively easy. All counsellors and dietitians within the service can directly refer. We only see adults over 18 and exclude those with diagnosed AN. We have had predominantly women in the course, our one man dropped out because there were no other men. We have had a mix of ages and all seemed to be able to relate.

We have embraced this group at Peninsula Health and see it as a value for our community. The only thing I ever wish at the end of the group is that we could intervene much younger with these people – while they were happy buying clothes, didn't know what a diet was, just ate food when they were hungry and weren't afraid to go out in the world and have a laugh. One day!"

If you are interested in running this program in your workplace, please contact CEED.



CEED Training: FBT for AN

Family-Based Treatment for Adolescents with Anorexia Nervosa (FBT) Thursday 9th & Friday 10th November 2017, 9:00am-4:30pm

Family-Based Treatment (FBT) is recognised as the first line, evidence-based, early intervention model of care for adolescents with anorexia nervosa (AN). FBT for AN was originally developed at the Maudsley Hospital UK in the 1990s. **Prof Daniel le Grange & Prof James Lock** are the international leaders in the development & application of this approach as an evidence-based practice and have published treatment manuals and parent guides. CEED has delivered and developed FBT training over several years to provide training in this model to suit Victorian Service conditions. In the last four years CEED has provided FBT training to over 400 clinicians and provided service development and consultation support to implement the FBT model of care in many Victorian CAMH / CYMH Services.

For more information, please visit the CEED training page: <http://ceed.org.au/training-and-events>

CEED Online: Eating Disorders Online Learning Program

The Eating Disorders Online Learning program modules 1,2,3 is a **compulsory** pre-requisite for attending the CBT-E or FBT training. The Eating Disorders Online Learning program, created by our partners CEDD in NSW, is designed for all professionals working with eating disorders, and includes 5 modules with introductory to advanced levels of theory, practice knowledge and resources to work in eating disorders.

For more information or to register for a place, please visit: <http://www.trybooking.com/OKHL>

CEED Webinar: hosted by Prof David Russell, MD FRACP

Management of medical consequences of eating disorders in acute health care settings Wednesday 25th October 2017, 1:00pm-2:00pm

Eating disorders can result in serious medical problems, including acute severe malnutrition, electrolyte disturbances and gastro-intestinal illness requiring acute medical care and careful rehabilitation. Professor Russell's work over many years in general medicine and gastroenterology, and as the Director of General Medicine at Melbourne Health has led him to have great interest and particular expertise in the medical management of complex medical presentations in clients with eating disorders.

For more information, please visit the CEED training page: <http://ceed.org.au/training-and-events>

ANZAED Training: LEAP Workshop

Clinical Management of Compulsive Exercise in Eating Disorders Friday 24th November 2017, 10:00am-4:00pm

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

For more information or to register for a place, please visit: <http://jeatdisord.weebly.com/melbourne-workshop.html>
Enquiries: jfree38@gmail.com

Meet the Team

Introducing Michelle Robertson, Senior Clinician

1. What does your role at CEED entail?

I'm a senior clinician at CEED, taking a lead role in our work in Child and Youth eating disorders. I'm a dietitian by background so I am also the nutrition resource on the team.

2. What are you working on at the moment?

Along with case support and training I'm involved with a number of exciting CEED initiatives and projects: Rolling out and embedding multi-family therapy as an intensive, adjunctive treatment available through CAMHS/ CYMHS across Victoria over the next couple of years

3. What are you passionate about or aspire to do within the ED field?

I'm working towards eating disorders being a mainstream rather than a niche service area – well understood and well serviced.

4. Where do you see ED treatment in 10 years time?

Identified early, in the community, involving the person's support system, supported by health professionals and peer support workers.



Our Services



Case consultation



Carer consultation



Professional Development & Training



Resources



Service Development



Feedback

As CONNECTED is a new initiative from CEED, we would appreciate any feedback regarding the content of this newsletter. Is there anything you think would be helpful to include? Please contact ceed@mh.org.au

<http://www.ceed.org.au/>

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