

MAKING SENSE OF EATING DISORDERS

Application of sensory approaches in the treatment of eating disorders

Presented by Alex Hillman & Jasmin Watson

WEDNESDAY, 5TH, MAY, 2021 @ 4PM AEST



THE VICTORIAN
CENTRE OF
EXCELLENCE IN
EATING
DISORDERS

Sensory approaches are person-centred, recovery-oriented and trauma-informed interventions that are frequently utilised in mental health given the non-invasive, self-directive and empowering nature of these approaches. Increased self-awareness, ability to self-nurture, resilience, self-esteem and body image, ability to engage in therapeutic activities, self-care activities, meaningful life roles, and social activities, and ability to cope with triggers are outcomes associated with sensory approaches. There is an emerging evidence base surrounding the use of sensory-based interventions to manage distress in mental health settings, and there is increasing interest in the use of sensory approaches in the field of eating disorders. In the field of eating disorders, there are common presentations where sensory processing impacts engagement in treatment and recovery, for example Avoidant Restrictive Feeding Intake Disorder (ARFID), Autism Spectrum Disorder (ASD), Anorexia Nervosa (AN).

OBJECTIVES/TARGET AUDIENCE

- Brief overview of theory underpinning sensory approaches
- Applications of sensory approaches and theory in the field of eating disorders
- Present ideas and share examples from practice on how sensory approaches relate to Eating Disorder treatment and how they might be incorporated in practice

Target Audience: Clinicians who work with people experiencing an eating disorder and their families, and are interested in learning about the use of sensory approaches with this population.

PRESENTERS

This one hour webinar is a collaboration between the Victorian Centre of Excellence for Eating Disorders (CEED), and Barwon Eating Disorders Service (EDS) who provide specialist assessment, consultation and treatment services to consumers with an eating disorder and their carers, in the Barwon region. Alex and Jasmin are both Occupational Therapists with experience utilising sensory approaches across a range of mental health settings, including with people experiencing an eating disorder.

Alex Hillman

Alex is a senior clinician with CEED. As an OT Alex has a strong interest in the use of sensory approaches in mental health, and has worked in various mental health settings practicing this approach.



Jasmin Watson

Jasmin is an Occupational Therapist currently working at Barwon EDS and The Geelong Clinic. Jasmin has an interest in Embodiment practices and the use of sensory approaches to support implementation of this in practice.



VENUE & BOOKING

Venue: Zoom webinar (link to be sent to registrants via email)

Cost: No charge

Registrations: <https://www.trybooking.com/BQJTV>

Registrations close: C.O.B. Wednesday 28 April, 2021 (unless sold out prior)

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PLEASE NOTE: Your registered place will be confirmed via email at close of registration date.