



EVIDENCE INFORMED DIETETIC PRACTICE FOR EATING DISORDERS

Presented by Jessica Gomularz MSc. APD, CEDC - CEED Senior Dietitian

Delivered over **two, full-day in-person** modules:

Part 1: 09:00am – 4:30pm (AEDT), Thurs 16 Mar 2023

Part 2: 09:00am – 4:30pm (AEDT), Fri 17 Mar 2023

Evidence informed dietetic practice elevates your role as the dietitian in eating disorder care. This training is designed to enhance dietitians' skill and knowledge to safely and effectively, identify and treat those suffering with eating disorders in a range of presentations. There is an emerging dietetic workforce across all levels of the mental health system in Victoria, particularly in the community. This training seeks to prepare you to confidently navigate complexities and bridging the gaps to provide collaborative and cohesive treatment. As referrals to treat eating disorders are on the rise in Victoria, we seek to better respond to the demand for quality and timely intervention. As such dietitians are often first responders to eating disorders but also are key in ongoing support to clients and clinicians.

This training is the first of its kind at CEED, we come with our expertise in delivering a range of evidence-based treatment training programs and education over the past two decades that prepares clinicians in working with those effected by eating disorders. This training was developed and is being facilitated by Jessica Gomularz with consultations from lived experience consumers and carers, mental health clinicians and other senior dietitians.

OBJECTIVES/TARGET AUDIENCE

The workshop aims to have participants gain:

- Capacity to identify and respond to disordered eating, integrate screening tools and assume responsibility as a first responder
- An understanding on how to adapt a nutrition assessment as appropriate for various presentations
- An understanding on how to use targeted evidence informed nutrition interventions
- An understanding of care team formation, including supports, and of maintaining team collaboration and cohesion in treatment
- Capacity to adapt dietetic care to work with a variety of psychological treatment modalities
- Increased understand of counselling skills that best apply to clients with eating disorders

The training will involve didactic, interactive, and experiential practise opportunities.

Target Audience: Community based dietitians working with or likely to encounter disordered eating and eating disorders, we recommend you have had two years clinical experience before doing this training. Registrations from Victorian public health services dietitians will be prioritised.

PRESENTER



Jessica Gomularz. Dietitian, Centre of Excellence in Eating Disorders

Jess is an Accredited Practising Dietitian (APD) and has experience working with adults with severe eating disorders in specialist services in the United Kingdom. Jess is experienced in inpatient, outpatient and day programs and has provided training and secondary consultation to clinicians in acute and mental health settings to manage risk and build workforce capability. Jess is passionate about developing services and systems to meet the demands for eating disorder treatment.

TRAINING PREREQUISITE

The evidence informed dietetic practice training forms part of the advanced training component of the CEED comprehensive eating disorders training. Introductory level eating disorder knowledge must be obtained prior to training, please allow adequate time to complete this training, you have two options:

- Modules 1, 2 & 3 of the Inside Out Institute's Eating Disorders Essentials Training which you can [access here](#)
- National Eating Disorders Collaboration (NEDC) offer eating disorders core skills training which you can [access here](#).

VENUE & BOOKING

Venue: Orygen Youth Health, Innovation Room
35 Poplar Rd, Parkville VIC 3052

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Cost: This training is fully subsidised by CEED

Registrations: <https://www.trybooking.com/CENAV>
Registrations close COB 06 March 2023, unless sold out prior

Certificate

Requirements: Attendance & participation in **both** training days & completion of training evaluation survey.

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