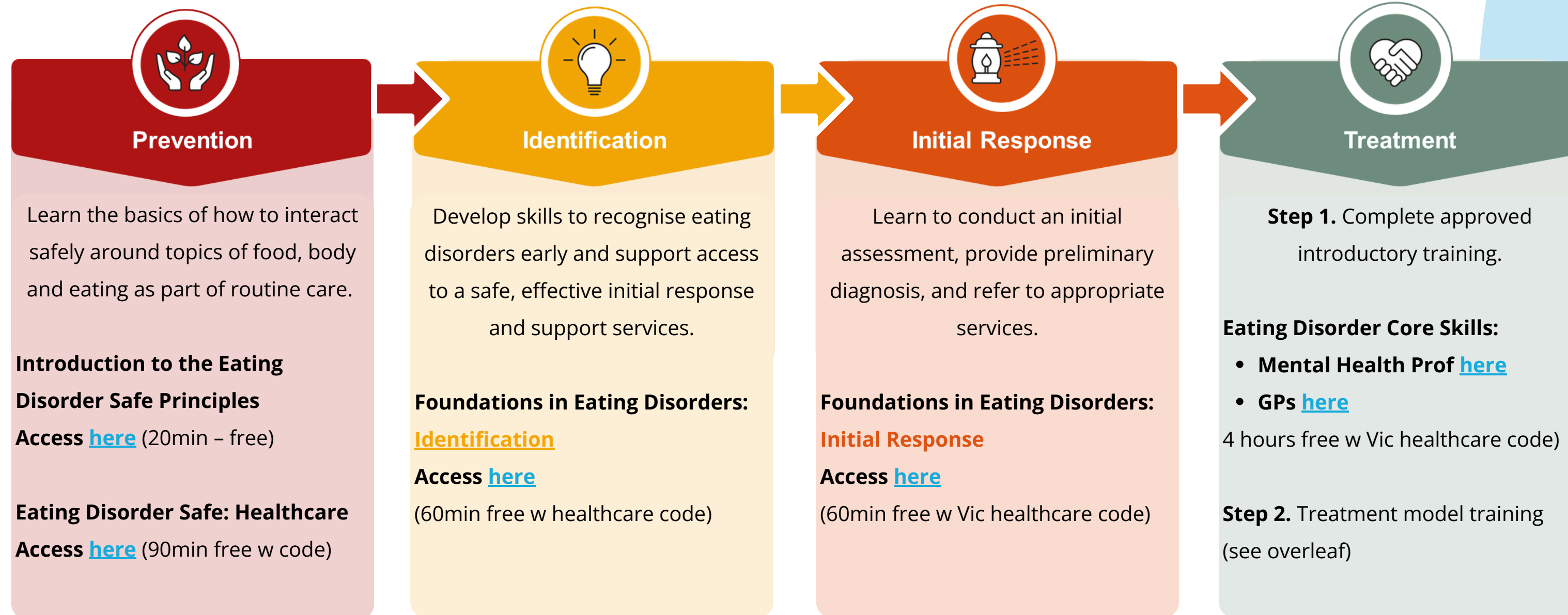


Eating Disorder Prevention, Identification & Care

Core Competencies & Learning Pathways

Professionals across health, mental health, education and community settings play a critical role in preventing, recognising and responding to concerns related to food, body image, eating behaviours, and eating disorders. This includes identifying early warning signs and supporting timely access to evidence-based care.

Aligned with [National Workforce Core Competencies](#), the skill development pathway below is recommended to progressively build capability from eating disorder safe practice to identification, through to assessment and the development of treatment skills, based on your role.



Find which eLearning aligns with your role on page 2.



Health, Mental Health
Education & Community



Eating Disorder Prevention, Identification & Care

Core Competencies & Learning Pathways



Prevention

Eating Disorder Safe Care means engaging in ways that help people build and maintain positive relationships with health, food, mind, and body, as part of routine care. It is engaging in holistic care and avoiding unintended harms.

Further resources:

- ED Safe [How to Guide for frontline workers](#) + [others](#)

For: All health, mental health & psychosocial support workers, GPs, teachers & ECEs, sport, dance & performance arts teachers/staff



Identification

Engaging in Identification means being able to notice potential signs of a challenge around food, body and/or eating and being able to open up a safe and supporting conversation to then support someone to access next steps in their care.

Further resources:

- NEDC webpage: [Identification](#)

For: All health & mental health workers, GPs, teachers & ECEs, sporting, dance and performance arts teachers/staff



Initial Response

Providing an Initial Response means conducting an initial assessment, providing a preliminary diagnosis, and referral to the most appropriate treatment/support.

Further resources:

- NEDC webpage: [Initial Response](#)
- NEDC webpage: [Screening & assessment resources](#)

For: GPs, Mental Health professionals, Dietitians and others responsible for assessment and diagnosis



Treatment

Treatment modalities

Includes *low intensity* community-based interventions (i.e., SSI, CBT-GSH, CBT-10), and *moderate-higher intensity* (i.e., CBT-E, FBT, IPT, SSCM) as well as *evidence informed dietetic practice* see [here](#)

Further resources:

- **Ceed** [treatment training](#)
- **NEDC** [training calendar](#)
- **ANZAED** [Eating Disorder Credential](#)

For: GPs, Mental Health Professionals, Dietitians



Health, Mental Health
Education & Community

See the **eLearning Incentives Access Guide** for login instructions and free eLearning code

See NEDC's [workforce development hub](#), [CEED](#) and [EDV](#) for more resources to support your skill development