

Specialist Supportive Clinical Management for Adult Eating Disorders

Live online: 9:00AM – 5:00PM, Thursday 17th September, 2026

About Specialist Supportive Clinical Management

Specialist Supportive Clinical Management (SSCM) is an effective outpatient eating disorders treatment for anorexia nervosa, tested against evidence-based treatments such as Cognitive Behavioural Therapy (CBT) and Interpersonal Therapy (IPT). Unlike CBT and IPT, SSCM allows for greater flexibility in sessions to address broader life issues and client goals as well as eating disorder behaviours. Ongoing research has confirmed SSCM as an effective, viable treatment option for eating disorders.

The two aims of SSCM are to a) help clients make connections between their symptoms and life issues, and their eating behaviour and physical health/malnutrition-starvation, and b) to support them in a gradual return to normal eating, weight restoration (if required) and improved physical health.

To do this, SSCM combines two therapeutic components, **Clinical Management** and **Supportive Psychotherapy**. The clinical management aspect prioritises the establishment of normal eating and physical health restoration, provides targeted psychoeducation and advice about eating disorders, eating and weight/shape concerns. The supportive psychotherapy framework allows the client and clinician to respond to other important life issues identified by the client, including those that serve to maintain or are in turn maintained by the eating disorder symptoms and behaviours.

SSCM builds on the existing core skills and strengths of mental health clinicians in clinical management and supportive psychotherapy to equip general mental health clinicians to apply their skills to working with clients experiencing eating disorders.

Objectives

The workshop aims to equip participants with the following:

- A working understanding of the SSCM model, key components and applications that supports immediate implementation of the intervention
- Skills and practice in delivering key SSCM interventions and processes, including:
 - Treatment set up
 - Assessment, intervention and concluding phases
 - Following a session structure and using clinical tools
- A framework for understanding and working with multidisciplinary roles in SSCM

Participants will have the opportunity to develop these skills through:

- Active practice of SSCM interventions and techniques through demonstrations, case material and role plays.
- Provision of handouts and resources for formulation, goal setting, session structure, providing psychoeducation and integrating goals with eating disorder behaviour change.
- Practice in implementing the skill of using handouts and delivering psychoeducation within an SSCM framework.

- Pre-readings which equip the clinician to feel informed about the research basis for SSCM and which form an introduction to the content covered will be provided prior to the workshop.

Target Audience

Mental health clinicians working with adults experiencing eating disorders. Registrations from Victorian public area mental health services clinicians will be prioritised.

Training Prerequisite

The SSCM training forms part of the advanced treatment training component of the CEED comprehensive eating disorders training. Prior completion of an introductory training in eating disorders before attending SSCM Training is essential.

Recommended Introductory Training (either option):

- **NEDC Eating Disorder Core Skills: eLearning for Mental Health Professionals**
- **Inside Out Institute's Eating Disorders Essentials Training** (Modules 1, 2 & 3). Please note: ED Essentials online training consists of approx. 17 hrs of Professional Development. Please allow time to register and complete this training.

Click [HERE](#) to register for either training.

Presenters



Tanya Gilmartin
CEED Senior Clinician and Clinical Psychologist



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CEED Senior Clinician and Clinical Psychologist



Emma Sampimon-Jones
CEED Senior Clinician and Dietitian

Venue & Booking

Venue:	Live online via Zoom.
When:	Training delivered over one full day: 9:00am – 5:00pm Thursday September 17 th , 2026
Price:	Victorian public mental health employees/clinicians: \$125.00 Other health professionals: \$250.00
Registration:	Register here . NB: registrations close C.O.B. 10 September (unless sold out prior)
Certificate Requirements:	Attendance & participation on both training days (in accordance with the CEED Attendees Participation Agreement) & completion of training evaluation.

ENQUIRIES

Training content enquiries: Tanya Gilmartin (Tanya.Gilmartin@mh.org.au)

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