Session 1	*Understanding the person behind the eating disorder*
	**Keynote speaker: Dr Jon Jureidini** **Understanding The Person Behind The Eating Disorder.** *Happy families are all alike; every unhappy family is unhappy in its own way.' Tolstoy.* *I will discuss the concept of maturational breakdown and pitch the importance of observational care*
	**A/Prof Soumya Basu** **Eating Disorders in CALD and First Nations Populations: Cultural Blind Spots, Global Shifts, and the Imperative for Cultural Humility in a Rapidly Changing World.** Eating disorders (EDs) have historically been conceptualised through a narrow Western biomedical lens centred on anorexia nervosa and the thin-ideal. However, in an era defined by globalisation, mass migration, digital hyperconnectivity, geopolitical instability, and cultural hybridisation, EDs now present across diverse cultural, linguistic, and socioeconomic contexts. CALD (Culturally and Linguistically Diverse) and First Nations populations experience EDs at equal or higher rates than majority populations, yet remain under-recognised due to diagnostic bias, cultural misunderstandings, and structural inequities. This manuscript synthesises emerging evidence on EDs in CALD and First Nations communities, highlighting the intersection of genetic vulnerability with rapidly shifting global realities — including technology, warfare, displacement, and cultural clashes. It argues that the imposition of Western prototypes constitutes epistemic injustice and that the way forward requires cultural humility, cultural formulation, and a critical re-examination of evidence-based treatments that lack cross-cultural validation.

Session 2	*Delivering high-quality, recovery-oriented care*
	**Dr Laurence Cobbaert** **Beyond Effectiveness and Compliance: The Neglected Question of Iatrogenic Harm and Safety in Eating Disorder Care.** Eating disorder care often equates meal completion, weight restoration and treatment adherence with recovery. These outcomes matter, but obeying is not healing, nor is compliance proof of benefit or safety. Apparent cooperation may reflect progress, fear of involuntary treatment or losing multidisciplinary support, or trauma-related appeasement.
	**A/Prof Andrea Phillipou** **Emerging evidence-based treatments for eating disorders in youth.** This presentation will highlight some of the most exciting new treatments for eating disorders in youth, and the emerging evidence base for these treatments. The presentation will provide an overview of what these treatments entail, as well as the research data supporting their efficacy, feasibility and acceptability.
	**Amanda Newbigin** **Principles for Treatment: Working with Complexity.**
	**Bliss Jackman** **Working with Families: Interdependence, Not Independence.**

Session 3	*Building better systems of care*
	**A/Prof Sophie Adams** **Legal Issues in Working with Emerging Adults.**
	**Sarah Walker** **Independence, influence, intervention: Young people in a tertiary ED setting.** From a non-clinical perspective, his presentation will offer insights into treatment for young people in the adult tertiary service setting. It will give specific focus to three diverse themes, that of the tension between autonomy and family involvement, the challenge of social media and device use, and fears around restrictive treatment and the Mental Health & Wellbeing Act. It will highlight existing treatment opportunities for young people to explore as well as inspire innovative thinking about how services can best deliver care to this cohort.
	**Dr Rachel Knight** **What Makes a System a Good System?**
	**Vikki Ryall** **Good care in action: eating disorders at headspace**

Collaborative Care for Young Adults – Open Table Discussion

What does truly integrated care look like?
In 5 years' time where do we need to be?
What needs to change tomorrow?



Rachel Barbra-May



Dr Hannah Kim



Chantel Kleiner