



## ANZAED Autumn 2019 Workshop Series 5-6 April 2019



**AT THE GRAND MERCURE HOTEL, AUCKLAND**  
8 Customs Street East, 1010, Auckland, New Zealand

### Eating Disorders Workshop for Dietitians

The Australia and New Zealand Academy for Eating Disorders is delighted to offer two workshops for dietitians presented by experts in the field.

**Friday Workshop – Dietetic interventions for eating disorders in the outpatient setting (5<sup>th</sup> April)**

This introductory workshop will explore the key principles of nutritional management of eating disorders as well as the associated physical and psychological challenges reported by both adolescents and adults in the outpatient setting. Strategies and tools to manage these challenges will be discussed, and case studies and small group work will be used to highlight and consolidate key learnings throughout the workshop. Participants are encouraged to bring a relevant case study of their own to enhance the real life application of the workshop.

**Saturday Workshop – Dietetic interventions for eating disorders in the inpatient setting (6<sup>th</sup> April)**

This workshop begins with a discussion focussed on the criteria commonly used to assess the need for inpatient admission. Evidence base for refeeding syndrome will be reviewed then used as a platform to highlight key principles of dietetic care and management in the inpatient setting. The day will conclude with an expert panel discussion/roundtable with specialist dietitians from Australia and New Zealand; Bridgit Eder (South Island EDS), Stella Friedlander (Starship Hospital, Auckland), Estella Leek (Starship Hospital & Shelly Beach Practice, Auckland), Fiona Sutherland (Body Positive Australia, Melbourne).

**Presenter: Shane Jeffrey**

Shane is an Accredited Practising Dietitian with 25 years of experience in both the private and public sectors. He is currently director and senior dietitian at River Oak Health and Food Mind Body. He has worked almost exclusively in the field of eating disorders and the non-diet approach. Shane is the treasurer of the Australia & New Zealand Academy for Eating Disorders, and is a past chairperson for the eating disorder interest group of the Dietitians Association of Australia and the nutrition interest group for the Academy for Eating Disorders. He teaches in dietetic degrees in four universities and provides mentoring and professional supervision.



For more information and to register, please go to:  
<http://www.anzaed.org.au/dietetic-workshops.html>

Enquiries: [conference@anzaed.org.au](mailto:conference@anzaed.org.au)