



Eating Disorders: Conversations & Practicalities

The Eating Disorder Interest Group will be hosting a full day workshop, facilitated by Anjanette Casey and Claire Toohey* to explore practical strategies and skills aimed at enhancing your effectiveness in treating adults with eating disorders. The Conversation and Practicalities workshop is designed for dietitians and dietetic students and will focus on how we undertake dietetic interventions more than just the theory.

Date and time: Friday 8th March 2019, 9am – 5pm

Venue: Crows Nest Centre, 2 Ernest Pl, Crows Nest NSW 2065

8:00 – 8:30	Registration
8:30 – 9:00	Welcome
9-10:30	Engagement, Assessment and Buy in.
10:30 – 10:50	Morning Tea
10:50 – 12:20	Setting up effective dietetic interventions <ul style="list-style-type: none"> - Moving towards natural eating (3 phases) - How to collaboratively meal plan - How to use behavioural experiments to challenge food rules, - How to integrate Intuitive eating and Mindful eating - How to use a CBT-e formulation in dietetic practice
12:20 – 13:00	Lunch
13:00 – 15:15	Developing a Formulation How to undertake difficult conversations
15:15 – 15:45	Afternoon Tea
15:45 – 16:30	Panel discussion
16:30 – 17:00	Closing of event and networking

*Anjanette Casey and Claire Toohey are specialist eating disorder dietitians who work at the Centre for Psychotherapy in Newcastle, NSW. The Centre for Psychotherapy is a publicly funded community based service that solely treat adults with eating disorders and borderline personality disorder. A day program also operates on site. Both facilitators have over 15 years of eating disorder clinical experience and have undertaken a number of roles in training, supervision and project officer work.

Registration now open via DAA website Professional Events page. For inquiries please contact below.