

## 1-DAY ONLINE WORKSHOP:

# Everything you need to know about eating disorders.

### WORKSHOP OVERVIEW:

This training workshop is a comprehensive foundational eating disorder training developed specifically for practitioners working in community settings. The training was developed in response to the frequently asked questions and common barriers cited to implementing first-line treatment approaches by participants attending CBT-E and FBT training workshops. As such, this workshop provides practitioners with the foundational knowledge and skills necessary to deliver the first-line eating disorder treatment approaches.

The training will equip community-based practitioners with the knowledge and skills necessary to understand, identify and assess eating disorders; navigate Eating Disorder Management Plans (EDMPs); assess and monitor acute risks; engage highly ambivalent patients; and refer on when necessary. This 1-day interactive training includes an overview of up-to-date information and resources, practical real-life scenarios, video and live demonstrations, and activities.

### Key objectives:

- An accurate and thorough understanding of what an eating disorder is (and what it isn't) including aetiology, maintenance factors, and comorbidities.
- Confidence in screening for, assessing, and diagnosing eating disorders and their related concerns (including ruling out differential diagnoses).
- A thorough understanding of treatment priorities – especially in cases of complexity and comorbidity.
- Practical strategies to assess, monitor, and manage acute medical & psychiatric risks of patients presenting to community-based services.
- An understanding of 'expected body weight'; how to calculate it as well as its role in diagnosis, engagement, and treatment.
- An overview of the gold-standard and evidence-based treatments available for patients across the lifespan affected by an eating disorder and how to access them or learn more about delivering them.
- Tools to effectively engage patients with a suspected or confirmed eating disorder (especially those who are highly ambivalent).



**Cost:** \$300.00

**Date:** Saturday May 6th, 2023

**Time:** 9:00am to 5:00pm

**Location:** Online

### PRESENTER BIO:

Dr Kiera Buchanan is registered as both a Clinical Psychologist and a Health Psychologist as well as an AHPRA-approved supervisor. Kiera is the Director of Centre for Integrative Health: Queensland's private treatment centre for eating disorders.



Kiera is an executive committee member of the Queensland Eating Disorder Advisory Group (EDAG) as well as a former executive member of the Australian & New Zealand Academy for Eating Disorders (ANZAED).