

Sunshine Coast Eating Disorders Access Trial Training Calendar

February 2019 – June 2019

Please note that this Training Calendar is continuing to evolve. Additional training and professional development events will be added as the event details are confirmed.

1. **Eating Disorder Access Trial Specific Professional Development Opportunities:**
Health professionals not registered as Service Providers with the Trial may also wish to attend.
 - a. [Current Opportunities](#)
 - b. [Future Opportunities](#)
 - c. [Past Opportunities](#)
2. **Eating Disorders Professional Development Opportunities for the Sunshine Coast Community:**
Open professional development opportunities.
 - a. [Current Opportunities](#)
 - b. [Future Opportunities](#)
 - c. [Past Opportunities](#)
3. **Partner Organisation Professional Development Opportunities.**

1. Eating Disorder Access Trial Specific Professional Development Opportunities:

Professional development opportunities to support health professionals registered as Service Providers with the Trial. Health professionals not registered as Service Providers with the trial may also wish to attend*.

**A small fee may be incurred at cost rates.*

a. Current Opportunities

April 2019

Guided Self Help: A Practice Based Introduction

When: Monday, 29th April 2019
3pm – 7pm

Where: Large Seminar Room (TI.1.50)
Level 1, Sunshine Coast Mind and Neuroscience – Thompson Institute
12 Innovation Parkway, Birtinya QLD 4575

Catering: Light refreshments will be provided

Register: https://calendly.com/ed_access_trial/guided-self-help-a-practical-based-introduction

Cost: There is no cost to Service Providers registered within the Sunshine Coast Eating Disorder Access Trial.

This session will be provided by an experienced Clinical Psychologist with a background in treating eating disorders using Guided Self-Help (GSH), the current leading evidence-based treatment for adults with binge eating disorder. This ½ day workshop will provide training on how to effectively deliver the GSH programme. It will also address issues such as assessment and risk and will be tailored to clinicians in private practice currently registered with the Eating Disorders Access Trial.

May 2019

CBT-E Staged Based Training Modules (Online Forums)

Four instructor-led modules, held every 2 weeks, each focusing on a stage of CBT-E treatment.

Module activities, including questions and reflective tasks, will be released to participants 2 weeks prior to each online Forum. The purpose of the Modules is to support integration of theory-based learning into individuals practice contexts.

When: Module 1 (Stage 1): Released Thursday 18th April 2019
Forum 1 for Module 1 (Stage 1): Monday 6th May 2019, 4pm – 5pm
Module 2 (Stage 2): Released Monday 6th May 2019
Forum 2 for Module 2 (Stage 2): Monday 20th May 2019, 4pm – 5pm
Module 3 (Stage 3): Released Monday 20th April 2019
Forum 3 for Module 3 (Stage 3): Monday 3rd June 2019, 4pm – 5pm
Module 4 (Stage 4): Released Monday 3rd June 2019
Forum 4 for Module 4 (Stage 4): Monday 17th June 2019, 4pm – 5pm

Where: Forums are facilitated via Zoom web conference.
Attendees can join the Forums from a computer, tablet or smartphone.
Zoom meeting details are available upon confirmation of registration.

Register: **Forums 1 to 4:** https://calendly.com/ed_access_trial/cbt-e-stage-based-training-modules-online

Individual registration is required for each Forum.

The Forums will be led by an experienced Clinical Psychologist with a background in treating eating disorder using CBT-E. Module activities – questions and reflective tasks – are requested to be completed and submitted to Catherine Houlihan via Catherine.houlihan@thebutterflyfoundation.org.au by COB the Friday preceding each Forum.

Participation in this professional development activity is limited to those health practitioners registered as Services Providers within the Sunshine Coast Eating Disorders Access Trial. Service Providers currently providing CBT-E to clients/participants, and provisionally registered Service Providers who have completed CBT-E training (face-to-face or via the CREDO web-based training) are invited to participate.

Eating Disorders in Larger Bodies

When: Monday, 27th May 2019
5:30pm – 6pm Light Dinner for 6pm start

Where: Maroochy RSL Events Centre, 105 Memorial Avenue, Maroochydore QLD

Catering: A light dinner will be provided

Register: https://calendly.com/ed_access_trial/eating-disorders-in-larger-bodies

Cost: There is no cost for this event.

This session will explore treatment approaches and compassionate care for individuals with weight concerns and/or living in a larger bodies experiencing eating disorders. Experienced clinicians will share discipline-specific treatment approaches, and participate in an expert panel discussion. This event is a collaboration between the Butterfly Foundation and the CQWBSC PHN. RACP/ ACRRM points pending.

Participation in this professional development activity is open to any health professional interested in supporting individuals experiencing eating disorders.

June 2019

CBT-E Reflective Practice (Face-to-Face, Online)

Fortnightly facilitated CBT-E peer reflective practice sessions, available in face-to-face and online formats.

When: **Face-to-Face:** Monday, 17th June 2019, 7:30am – 9:30am
Online: Monday, 24th June 2019, 4pm – 5pm
Face-to-Face: Monday, 8th July 2019, 7:30am – 9:30am
Online: Monday, 22nd July 2019, 4pm – 5pm

Where: **Face-to Face:** Level 1, Sunshine Coast Mind and Neuroscience – Thompson Institute, 12 Innovation Parkway, Birtinya QLD 4575

Online: Forums are facilitated via Zoom web conference. Attendees can join the sessions from a computer, tablet or smartphone. Zoom meeting details are available upon confirmation of registration.

Register: **Face-to-Face:** https://calendly.com/ed_access_trial/cbt-e-reflective-practice
Online: https://calendly.com/ed_access_trial/cbt-e-reflective-practice-online
Individual registration is required for each Reflective Practice Session.

The reflective practice sessions will be facilitated by an experienced Clinical Psychologist with a background in treating eating disorder using CBT-E.

Attendees are invited to bring de-identified case materials for discussion. Topics of concern or interest can be submitted anonymously or identifiably via email to catherine.houlihan@thebutterflyfoundation.org.au by COB the Monday preceding the scheduled session (for face-to-face sessions), or by COB the Friday preceding the scheduled session (for online sessions).

Participation in this professional development activity is limited to those health practitioners registered as Services Providers within the Sunshine Coast Eating Disorders Access Trial. Service Providers currently providing CBT-E to clients/participants, and provisionally registered Service Providers who have completed CBT-E training (face-to-face or via the CREDO web-based training) are invited to participate.

b. Future Opportunities

May 2019 – June 2019

Nutrition and Dietetic Training/ Professional Development Workshops

Details TBC

Family Based Therapy (FBT) Introductory Training

Details TBC

Specialist Supportive Clinical Management (SSCM) Introductory Training

Details TBC

c. Past Opportunities

February 2019

Sunshine Coast Eating Disorder Services Update and Access Trial Information Session

When: Tuesday, 19th February 2019
6:00pm - 6.30pm Light Supper for 6.30pm start

Where: Kingston House Impressions, Corner of Channon St and Barter St, Gympie QLD 4570

Other: A light supper will be provided

Register: Contact Tammy Archdall
E. tarchdall@ourphn.org.au
Ph. (07) 5482 6770

This information session will be provided by the Butterfly Foundation in collaboration with CQWBSC PHN and the Sunshine Coast Hospital and Health Service. The session will support the roll out of the Eating Disorders Access Project, and also introduce the Sunshine Coast Hospital and Health Service Eating Disorder Service. During the session we will describe screening processes for disordered eating, identify red flags for eating disorders, appropriate referral pathways, discuss assessment and engagement strategies, and discuss on-going medical management within a multi-disciplinary team.

Sunshine Coast Eating Disorder Services Update and Access Trial Information Session

When: Wednesday, 20th February 2019
6:00pm - 6.30pm Light Supper for 6.30pm start

Where: Maroochy RSL, Memorial Avenue, Maroochydore QLD 4558

Catering: A light supper will be provided

Register: Contact Amanda Westaway
E. awestaway@ourphn.org.au
Ph. (07) 5456 8100

This information session will be provided by the Butterfly Foundation in collaboration with CQWBSC PHN and the Sunshine Coast Hospital and Health Service. The session will support the roll out of the Eating Disorders Access Project, and also introduce the Sunshine Coast Hospital and Health Service Eating Disorder Service. During the session we will describe screening processes for disordered eating, identify red flags for eating disorders, appropriate referral pathways, discuss assessment and engagement strategies, and discuss on-going medical management within a multi-disciplinary team.

March 2019

Sunshine Coast Eating Disorders Network Meeting

Mental Health Professional Network (MHPN)

When: Thursday, 7th March 2019
6pm – 8:30pm

Where: Large Seminar Room (TI.1.50)
Level 1, Sunshine Coast Mind and Neuroscience – Thompson Institute
12 Innovation Parkway, Birtinya QLD 4575

Topic: CBT-E + Dietetics

Coordinators: Mary Maksan and Natasha Jivan

Health practitioners registered as Provisional or Treating Service Providers within the Trial are encouraged to attend this information session.

Understanding Eating Disorders, Assessment and Referral, Management, and Therapeutic Assessment and Considerations

When: Monday 18th March 2019
7:30am – 10:30am

Where: Large Seminar Room (TI.1.50)
Level 1, Sunshine Coast Mind and Neuroscience – Thompson Institute
12 Innovation Parkway, Birtinya QLD 4575

Catering: Light breakfast refreshments will be provided

Register: https://calendly.com/ed_access_trial/understanding-eating-disorders

This information session will be provided by the Butterfly Foundation. During the session we will describe screening processes for disordered eating, identify red flags for eating disorders, appropriate referral pathways, discuss assessment and engagement strategies, and discuss on-going medical and therapeutic management within a multi-disciplinary team. Therapeutic assessment and considerations will address the assessment of suitability for different therapeutic modalities, contraindications for starting therapy immediately, comorbidities, and the ongoing medical monitoring process.

Health practitioners accepted as Provisionally Registered Service Providers within the Trial are encouraged to attend this information session.

Cognitive Behavioural Therapy for Eating Disorders: A Practice Based Introduction

2 Day Workshop

When: Day 1: Saturday, 30th March 2019
8am – 4:30pm

Day 2: Saturday, 6th April 2019
8am – 4:30pm

Where: Large Seminar Room (TI.1.50)
Level 1, Sunshine Coast Mind and Neuroscience – Thompson Institute
12 Innovation Parkway, Birtinya QLD 4575

Catering: Lunch and refreshments will be provided

Register: https://calendly.com/ed_access_trial/cognitive-behavioural-therapy-for-eating-disorders

Cost: There is no cost to Service Providers registered within the Sunshine Coast Eating Disorder Access Trial.

This session will be provided by an experienced Clinical Psychologist with a background in treating Eating Disorders using Cognitive-Behavioural Therapy ‘Enhanced’ (CBT-E), the current leading evidence-based treatment for adults with eating disorders. This 2-day workshop will provide training on the ‘standard’ 20-session version of CBT-E, designed for people with eating disorders who not underweight. Training will encompass the 4 stages of CBT-E and include detailed presentations about each of the therapy ‘modules’. It will also address issues such as assessment and risk will be supported by observational and experiential learning opportunities. The training will be tailored to clinicians in private practice currently registered with the Eating Disorders Access Trial.

Health practitioners accepted as Provisionally Registered Service Providers within the Trial are encouraged to attend this information session. Participation in this workshop will meet the minimum 12 hours of professional development required to deliver a specific treatment modality within the Trial.

2. Eating Disorders Professional Development Opportunities for the Sunshine Coast Community:

Professional development opportunities open to the Sunshine Coast Community, and not limited to health professionals registered as Service Providers with the Sunshine Coast Eating Disorders Access Trial.

Any health professional with an interest in supporting individuals experiencing eating disorders is encouraged to register and attend.

a. Current Opportunities

May 2019

Eating Disorders in Larger Bodies

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Where: Maroochy RSL Events Centre, 105 Memorial Avenue, Maroochydore QLD

Catering: A light dinner will be provided

Register: https://calendly.com/ed_access_trial/eating-disorders-in-larger-bodies

Cost: There is no cost for this event.

This session will explore treatment approaches and compassionate care for individuals with weight concerns and/or living in a larger bodies experiencing eating disorders.

Experienced clinicians will share discipline-specific treatment approaches, and participate in an expert panel discussion.

This event is a collaboration between the Butterfly Foundation and the CQWBSC PHN.

RACP/ACRRM points pending.

Participation in this professional development activity is open to any health professional interested in supporting individuals experiencing eating disorders.

b. Future Opportunities

May 2019

Eating Disorders and Young People: Assessment, Management and Treatment

Details TBC

c. Past Opportunities

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Register: Contact Tammy Archdall
E. tarchdall@ourphn.org.au
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Health practitioners accepted as Provisionally Registered Service Providers within the Trial are encouraged to attend this information session.

3. Partner Professional Development Opportunities

May 2019

Queensland Eating Disorder Service (QuEDS) presents:

2019 QuEDS Annual Forum

When: Wednesday, 1st May 2019

Where: RBWH Education Centre, Herston QLD

Catering: Morning Tea, Lunch and Afternoon Tea will be provided

Register: Contact QuEDS Education and Training Team, QuEDSEducation@health.qld.gov.au

Cost: There is no cost for this event.

A full day event that will address complex comorbidities and the latest developments and recommendations in working with people affected by an eating disorder.

The Forum will include topics such as “Does Bariatric Surgery cause Eating Disorders”, “Success working with families”, “Starting Eating Disorder Services”, “Ethical Dilemmas – restraining the client with an Eating Disorder”...and more. Speakers will include health professional eating disorder specialists, medical directors, and individuals who have recovered from an eating disorder from around the state, and showcase local Eating Disorder Services – private, public and NGO. A variety of inpatient and community services will have information stalls highlighting their services in the foyer, staffed intermittently throughout the day.

If you are unable to attend in person, videoconference options will be available.

June 2019

Queensland Eating Disorder Service (QuEDS) presents:

QuEDS Dietitian Masterclass

When: Tuesday 11th June 2019, Wednesday, 12th June 2019

Where: RBWH Education Centre, Herston QLD

Catering: Morning Tea, Lunch and Afternoon Tea will be provided

Register: Contact Amanda Davis, amanda.davis@health.qld.gov.au

Cost: There will be a small registration fee to cover costs and cater. Additional fees may apply for some workshops.

The Sunshine Coast Eating Disorders Access Trial will cover registration and workshop costs for Dietitians registered as Service Providers within the Trial. Please contact Tanya Kretschmann at tanya.kretschmann@thebutterflyfoundation.org.au to arrange registration.

A masterclass for dietitians wishing to upskill in eating disorders. Inclusions in the draft programme include – the patient journey, the psychologically informed dietitian, supportive meal therapy, complex case presentations, COD-ED resources launch and meeting.

If you are unable to attend in person, videoconference options will be available.