



Advanced Dietetics in Eating Disorders (2 Day course)

Aims:

To provide dietitians specialising in eating disorders with the essential knowledge and skills required to work in this area. This course is aimed at Dietitians new to eating disorders who need more depth than the BDA Introduction to Mental Health, Learning Disabilities and Eating Disorders (ED) course or Dietitians wanting to specialise in or have an interest in ED.

Learning Outcomes:

- To understand nutritional assessments and psychological approaches used in ED
- To understand and develop communication skills for ED
- To understand risk factors and management strategies

Programme

Day 1

9.00	Arrival and refreshments	12.00	Multidisciplinary Team
9.30	Welcome and introductions	12.30	Lunch
9.40	Context of the day and icebreaker	13.30	Nutritional Assessment
10.30	Introduction to Eating Disorders	14.45	Break
10.45	Break	15.00	MARSIPAN
11.00	Physical Health Consequences of ED	16.30	Close

Day 2

9.00	Arrival and refreshments	11.00	Nutritional approaches to managing Eating Disorders.
9.30	Welcome and introductions	12.30	Lunch
9.40	Context of the day and icebreaker	1.30	Explore psychological techniques used in Dietetics
9.50	Reflection from Day 1	14.45	Break

10.00	Nutritional Goal Setting	15.00	Explore psychological techniques used in Dietetics
10.15	Nutritional approaches to managing Eating Disorders.	15.30	Explore psychological techniques used in Dietetics
10.45	Break	16.30	Close

More Information

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