

## Add valuable clinical skills to your practice or organisation

ACFED offers a complete training program with three distinct modules, teaching theoretical and practical skills for eating disorders and obesity. Each one of the modules can be taken on their own to enhance your CPD and broaden your knowledge and wisdom. You can however, achieve Gold Practitioner status with ACFED by completing all three courses.

The courses are suitable for psychologists, counsellors, life coaches, doctors, nurses and all other mental health professionals



### Are you ready?

Availability on all courses is limited, so please call

**02 6653 7489**

early to secure your place.

Wait lists will apply when courses are full.

A full list of available locations and courses can be found on our website.

[www.acfed.com.au](http://www.acfed.com.au)



The Australian Centre  
for Eating Disorders

Treatment skills for eating  
disorders and obesity



Professional practitioner courses

2015-2016

## Obesity Interventions

This 3-day course teaches specific skills for managing obesity in adults by addressing the practical problems and also the deeper psychological factors that cause or perpetuate weight problems.

Causes, effects and myths	Stimulus control and behaviour
Maintaining factors	Body image interventions
Hunger and appetite	Emotional and comfort eating
Tools for assessment	Relapse prevention strategies

## Nutritional Interventions

This practical 3-day course teaches professionals who encounter eating disorders in their work to use basic nutritional strategies as part of the management of these conditions. The course is designed to help you to apply the knowledge and skills you will learn safely and effectively.  
No previous knowledge of nutrition is required.

Key concepts in nutrition	Blood sugar and hormones
Lifestyle factors	Meal planning and portions

## Eating Disorder Essentials 6 day course

This course teaches practical treatment skills for anorexia nervosa, bulimia nervosa, binge eating and atypical forms of these disorders. After this course you should expect to be competent in working with these disorders, designing comprehensive and effective treatment plans, and achieving an excellent rapport with people that need your help.

### Hunger and appetite

- Normal and disordered eating
- Physiology and psychology of hunger
- Psychology of dieting
- Aetiology and Description
- Predisposing factors
- Definitions of each disorder

### Assessment and Engagement

- Eating and weight lifelines
- Therapist qualities and communication
- Diagnosis and co-morbidities

### Anorexia Nervosa

- Assessment and treatment phases
- Motivational interventions
- Useful therapies

### Treatment Development

- Phases of therapy
- Crisis management
- Behavioural interventions
- Resource building

### Emotional Eating

- Trauma, attachment and emotion
- Emotional triggers
- Managing guilt and shame

### Cognitive Interventions

- Thoughts, feelings and behaviour
- Attitude traps of eating disorders

### Body Image

- Body distress and consequences
- Useful interventions