

EATING DISORDER GROUP REFLECTIVE SUPERVISION FOR NSW HEALTH DIETITIANS

Are you seeing individuals with eating disorders in your clinical practice?

Are you just starting in this clinical area as an emerging dietitian or are you more experienced?

Do you need further support in providing treatment and reflecting on your clinical practice?

Do you feel you are lacking confidence, anxious, or overwhelmed at times in this space and need support?

All health professionals at any time throughout their career require support to build confidence and competence in treating individuals with eating disorders, given the challenging nature of the work.

Why is this important?

Eating disorders are core business in NSW Health. Dietitians in NSW Health have a vital role working in a multidisciplinary team in providing treatment and support for people with eating disorders. However, access to eating disorder specific reflective practice, clinical supervision, and support can be limited and inconsistent. Reflective Supervision is a vital component of increasing confidence and competence in providing safe practice and effective care to people with eating disorders, their families, and carers.

Reflective supervision can help to:

- Facilitate reflective practice
- Build confidence and competence in clinical practice
- Provide a confidential space to discuss boundaries
- Enhance job satisfaction
- Facilitate supportive discussions to identify clinician burnout early and reflect on prevention strategies
- Promote clinician self-care
- Provide professional support and development
- Promote ethical and sustainable practice

Who is this for?

All NSW Health dietitians working with individuals with eating disorders, from new graduates to experienced health professionals.

Who are the supervisors?

Group supervision and reflective practice is facilitated by dietitians with experience and training in supervision and who are also highly experienced in providing treatment and support for people with eating disorders.

When is it?

Monthly for 60-90 min over 12 months. There will be several days and times available, which will be released closer to the start date.

How long does it run?

The closed group program is a 12-month commitment that runs July – June. It is not a drop in service.

Where do I attend?

Virtual via Microsoft Teams.

What now?

Register your interest now via this link:

https://sydney.au1.qualtrics.com/jfe/form/SV_emoKYgCBpkj2VF4

If you have any questions, feel free to reach out to Maureen Moerbeck, Senior Dietitian at InsideOut Institute on maureen.moerbeck@sydney.edu.au

Note: This is not linked to and would not qualify for ANZAED eating disorder credentialing requirements.