

Formulation Webinar Series -

Part 1: Foundations of Formulation

Part 2: Formulating in practice - adolescents to adults

Date: Wednesday 13 May 2026

Time: Part 1: 9:30 - 10:45am AEST, Part 2: 11:00am - 12:30pm AEST

Where: Online via Zoom (please register below and more information will be sent)

About this webinar series

Many clinicians intuitively understand that every single person's experience of an eating disorder is unique, and that these different experiences require a collaborative, nuanced approach to applying evidence based treatment. The following two webinars aim to further clinicians understanding of case conceptualisation, and give practical examples of how to use this knowledge in their work with people with eating disorders.

The webinars are designed to be both complementary, and stand alone resources. This means that clinicians can choose to attend one or both webinars, depending on their preference.

Part 1: Foundations of Formulation

This webinar will cover core principles of developing a case conceptualisation with individuals living with eating disorders, and discuss the importance of doing this in therapy. This webinar is suitable for health professionals interested in deepening their understanding of their clients beyond their diagnosis. It will give clinicians a framework to approach assessment and collaborative treatment for people with eating disorders with the whole person in mind. This webinar will discuss the difference between diagnosis and formulation, introduce the 5 P's model of formulation, provide clinical examples, and an opportunity for a Q&A.

Part 2: Formulating in Practice - adolescents to adults

This webinar will extend on Part 1: Foundations of Formulation by providing practical tips and exploring the process of formulation with adolescents and their families, and adult clients. Participants will gain knowledge and confidence in developing a collaborative case formulation with people experiencing an eating disorder, which is applicable across a range of treatment modalities and settings.

Target Audience

All health clinicians working with people experiencing eating disorders

Registration

To attend online via Zoom, please [register for Part 1 via this link](#)

and [register for Part 2 via this link](#)

For more information please contact admin@insideoutinstitute.org.au

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Presented by

Dr Annaleise Robertson

Annaleise (she/her) is a senior clinical psychologist and supervisor who has worked within public health and tertiary institutes for over eighteen years, and is a member of the NSW Statewide Eating Disorders team at InsideOut Institute. She is passionate about the importance of honouring individual experience and diversity in all its forms, finding a way to prioritise individual needs and preferences alongside evidence-informed practice. Her passion is predominantly in working with children, adolescents, and families, as well as applying systemic, psychodynamic, and relational frameworks to cultivate person-centred care. Annaleise has previously worked at the Children's Hospital at Westmead, the Maudsley Centre for Child and Adolescent Eating Disorders in London, and as the Eating Disorder Coordinator and Program Co-Lead across the South Eastern Sydney Local Health District. She also supervised the Family Therapy clinic at the University of Sydney, and lectures for various tertiary and postgraduate institutes, including providing board approved masterclasses in supervision and speaking at national and international conferences. Annaleise also provides supervision in private practice.

Joelle Fa

Joelle (she/her) is a senior clinical psychologist, board-approved supervisor, and Senior Project Manager with the NSW Statewide Eating Disorders team at InsideOut Institute. She brings over a decade of experience across public health inpatient and outpatient services, as well as private practice, with a strong clinical focus on eating disorders.

Joelle is committed to delivering evidence-informed, individualised care that keeps the whole person in mind. Alongside her statewide role, she maintains a private practice supporting individuals with eating disorders and related concerns, and guest lectures at the University of New England. She has a particular interest in working with people from diverse cultural and spiritual backgrounds and is committed to inclusive, person-centred care that reflects individual values and lived experience. She applies relational, psychodynamic, and schema-informed frameworks to support this approach. Joelle is passionate about helping clinicians to feel confident and effective when working in the eating disorders space, as well as ensuring all people in need can access quality, evidence-based eating disorders care.

Patrick McGrath

Patrick (he/him) is a senior clinical psychologist with the NSW Statewide Eating Disorders team at InsideOut Institute. He has previously worked in a variety of clinical settings including the Peter Beumont Eating Disorders Service across both the inpatient and outreach.

In addition to his work at InsideOut Institute, he works in private practice where he focuses on providing treatment to people with eating disorders as well as other mental health presentations. He is trained across a range of evidence-based treatment modalities. Patrick has a special interest in working with the LGBTQIA+ population and a passion for service development, workforce training, and improving clinical outcomes in the eating disorder space.