

Eating Disorders Webinar - GLP-1 Agonists and Eating Disorders. What to say when clients ask?

Date: Wednesday 01 April 2026

Time: 1:00 - 2:00pm AEDT

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

About this webinar

There's a lot of hype around GLP-1 medications right now—and if you're feeling confused, cautious, or just curious, you're in good company. Health practitioners are struggling to keep up with the research and the messaging that consumers are facing and these conversations are ending up in therapy spaces. When we are supporting someone with or at risk of developing an eating disorder (ED) what do we say and do?

This 60 min webinar will explore the relational consideration and provide a framework for these conversations. It will include a brief overview of endogenous GLP-1 and GLP-1 Agonist. Approved use in Australia of GLP-1 Agonists, research to date including in ED, and run through the DECISION Framework - an outline of steps to cover with a consumer to ensure informed consent and body autonomy. This conversation will highlight areas to be considerate of and where to go for further information.

Presented by

Dr Christie Bennett

Dr Christie Bennett is an Advanced Accredited Practising Dietitian, educator, researcher, and cofounder of Eat Love Live Education. While Christie has experience with a wide variety of nutrition concerns, she has particular expertise in eating disorders, disordered eating, and the intersection with women's health (including fertility, pregnancy, and PCOS). Christie utilises multiple approaches in her practice including elements of cognitive behavioural therapy, acceptance and commitment therapy, feminist and social oppression theories through a trauma-informed and size-inclusive (HAES) lens. In her clinical and research work she works to privilege lived experience, appreciating that you are the expert of your body and mind.

Jo Money

Josephine is an Accredited Practising Dietitian (APD) Credentialed Eating Disorder Clinician (CEDC), Founder and director of Eat Love Live and co-Founder of Eat Love Live Education.

Jo has over 20 years experience, in the eating disorders field, providing client centred, individual, social justice informed nutrition counselling. Jo has experience across a diverse range of settings including private, community, and public health and in a variety of models including working with individuals, groups, and program development.

Target Audience

All health clinicians

Registration

To attend online via Zoom, please [register via this link](#)
For more information please contact admin@insideoutinstitute.org.au