

# Nutrition Formulation: Connection, Communication & Meaning (2-part webinar series)

## Part 1: Nutrition Formulation in Practice

## Part 2: Values, Meaning and Recovery-Oriented Nutrition Care

Part 1: Wednesday 29 July 2026 at 12:00pm - 1:15pm AEST (75 min)

Part 2: Wednesday 09 September 2026 at 12:00pm - 1:15pm AEST (75 min)

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

### About this webinar series

This 2-part webinar series builds on the Foundations of Formulation and Formulating in Practice webinars by exploring how a Dietitian, using a nutrition formulation lens can strengthen broader biopsychosocial formulations within multidisciplinary eating disorder care and enhance dietetic practice. This two-part webinar explores three key themes: Connection, Communication and Meaning. Participants will explore how using nutrition formulation can help connect nutrition assessment findings into a richer understanding of the individual, communicate nutrition-related clinical reasoning within multidisciplinary teams, and support meaningful nutrition interventions aligned with personal values, life-worth-living goals and individualised recovery priorities.

Drawing on the 5 Ps framework, practical clinical tools and case examples, presenters will demonstrate how ongoing nutrition formulation literacy can strengthen the dietitian's contribution to the multidisciplinary formulation and treatment planning, while supporting purposeful, person-centred and recovery-oriented nutrition care.

#### **Part 1: Nutrition Formulation in Practice**

Participants will be introduced to a practical nutrition formulation framework that connects nutrition assessment, formulation and clinical reasoning. Using the 5 Ps framework and case examples, presenters will demonstrate how nutrition formulation can deepen understanding of presenting concerns, maintaining factors, strengths and opportunities for intervention while strengthening the dietitian's contribution to multidisciplinary care.

#### **Part 2: Values, Meaning and Recovery-Oriented Nutrition Care**

Participants will explore how nutrition formulation can be integrated with personal values, life-worth-living goals and recovery priorities to support meaningful, person-centred nutrition care. Drawing on values-based and recovery-oriented approaches, presenters will demonstrate practical strategies for translating formulation into purposeful nutrition interventions that are connected to what matters most to the individual.

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### Presented by

#### **Anjanette Casey, APD**

Anjanette Casey (Centre for Psychotherapy and Eating Disorder Clinical Support Team, HNELHD), is an Accredited Practising Dietitian with extensive experience supporting people experiencing eating disorders across inpatient and community settings. She currently works within both the Centre for Psychotherapy and the Hunter New England Eating Disorder Clinical Support Team and has a strong interest in formulation-informed practice, values orientated care, psychotherapy-informed nutrition counselling and clinical supervision with a particular focus on supporting dietitians to grow trust in their own practice.

#### **Claire Toohey, APD**

Claire Toohey (Co-Head of Discipline Nutrition & Dietetics (Mental Health), Eating Disorder Clinical Support Team, HNELHD) is an Accredited Practising Dietitian with extensive experience working across community mental health and eating disorder services. As Co-Head of Discipline for Nutrition and Dietetics within Mental Health Services, Hunter New England Local Health District, Claire is passionate about strengthening the contribution of dietitians within multidisciplinary mental health care. Her interests include trauma-informed and recovery-oriented practice, reflective practice clinical supervision, formulation-informed care, and workforce development that supports dietitians to work confidently and effectively within complex mental health settings.

### Target Audience

Dietitians who are interested in understanding how nutrition formulation can support eating disorder assessment, intervention planning and multidisciplinary care.

Other clinicians are welcome to attend.

### 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](mailto:admin@insideoutinstitute.org.au)