

# Eating Disorders Webinar - Supporting Neurodivergent Clients: Engagement, Communication, and Felt Safety in Eating Disorder Care (Part 1)

Date: Wednesday 06 May 2026

Time: 12:00 - 1:30pm AEST (90 min)

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

## About this webinar

This is the first webinar in a two-part series building on the foundations introduced in Colleen Alford's February webinar 'Neurodivergence and Eating Disorders', with a focus on translating theory into practical strategies for client work.

Part 1 centres on strengthening therapeutic relationships with neurodivergent clients by addressing cross-neurotype miscommunication, reducing masking, and considering the impact of invalidation and trauma on felt safety. Clinicians will explore concrete communication strategies, sensory-informed adjustments, and flexible session structures that can be implemented in inpatient and outpatient settings. We will also consider how comprehensive, neurodiversity-informed assessment can support more attuned and effective care.

## Presented by

### **Dr Maud Achard, Senior Mental Health Dietitian and Credentialed Eating Disorder Clinician**

Maud is a mental health dietitian specialising in supporting autistic, ADHD, and otherwise neurodivergent individuals experiencing eating disorders and feeding differences, including ARFID. Multiply neurodivergent herself, she integrates clinical and lived experience to reduce harm from misattuned care and adapt treatment to neurodivergent needs.

Maud is a Board Member of Eating Disorder Neurodiversity Australia (EDNA), where she develops clinician training and advocates for neurodiversity-affirming, trauma-informed care. She authored the neurodivergence appendix in the revised guidelines for the Queensland Eating Disorder Service and facilitates supervision groups as part of the QuEDS peer supervision program, focused on affirming practice.

## Target Audience

All clinicians supporting individuals experiencing eating disorders. The principles discussed apply across disciplines, with some examples drawn from dietetic practice.

## Registration

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

For more information please contact [admin@insideoutinstitute.org.au](mailto:admin@insideoutinstitute.org.au)