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## InsideOut eLearning Courses for Health Professionals

InsideOut offers a range of courses on first line, evidence based treatment for eating disorders. If you are a health professional looking to skill up, there is a course for you.

The '*Essentials: Training Clinicians in Eating Disorders*' is a comprehensive foundational course, completed by thousands of health professionals, addressing the nature, identification, assessment and treatment of eating disorders.

In 2017, InsideOut expanded its suite of online learning by developing and launching 4 new specialised training courses:

- *Community Management of Eating Disorders* – a comprehensive 'starter pack' of skills and resources for community clinicians working with people with eating disorders.
- *Family Based Treatment for Children & Adolescents: The Basics* - provides a basic understanding of the recommended first line treatment for children and adolescents with Anorexia Nervosa and other eating disorders.
- *Eating Disorder Inpatient Management* - provides a practice-based introduction to managing a person with an eating disorder in a hospital setting for both young people and adults.
- *Cognitive Behavioural Therapy for Eating Disorders: A Practice Based Introduction* - provides a basic understanding of Cognitive Behavioural Therapy for eating disorders.

InsideOut also collaborated with NSW Health My Health Learning (formerly known as HETI) to make two of the courses (Family Based Treatment and Cognitive Behavioural Therapy) available to all NSW Health staff free of charge.

InsideOut plans to release more eLearning courses over the next couple of years, including advanced FBT, CBT Guided Self Help for Health Professionals, and packages specifically designed for Dietitians and School Counsellors.

Watch this space!

For more information about InsideOut's eLearning courses please visit the **eLearning** section at our Website.

