

Free eLearning programs for Head to Health clinicians

InsideOut Institute is offering 4 different eLearning programs FOR FREE with 5 places available to each Head to Health centre. To access your training, go to: <https://insideoutinstitute.org.au/e-learning> choose your module and enter your unique centre code to begin.

eLearning modules available:

The Management of Eating Disorders in the Community - 2 hours

Not sure where to begin with learning about clients with eating disorders? This is your starter pack! We've included videos, role plays, interactives and- importantly- resources to help you identify, screen, and assess clients at risk of developing eating disorders in the community. This training will also provide effective strategies in supporting the needs of individuals with eating disorders as well as how to develop care planning and make appropriate referrals for ongoing care.

The Essentials: Training Clinicians in Eating Disorders - 17.5 hours

This eLearning module is a comprehensive training based on five key areas: understanding eating disorders, assessing eating disorders, preparation for treatment, treatment approaches, and management across the inpatient and outpatient settings. This training covers all major eating disorders for both children and adults and will equip you with the basics needed to work with people presenting to headspace with eating concerns.

Brief BEeT

InsideOut Institute is also working with Head to Health to provide clients access to a new eTherapy (online therapy) for rapid, early intervention in people experiencing mild to moderate symptoms of binge eating or compensatory behaviour. Go to insideoutinstitute.org.au/headtohealth to find out more.

Cognitive Behavioural Therapy for Eating Disorders: A Practice Based Introduction - 1 hour

Want to know how CBT can be applied to eating disorders? This module shows you how! As well as covering topics such as unhelpful thinking styles, mindfulness, challenging automatic thoughts, body checking and avoidance behaviours as well as a sample food diary.

The focus of this introductory training is to help you:

- Understand how to apply CBT to eating disorder
- Identify the key intervention points (behaviours and cognitions) for CBT in eating disorders
- Understand how to use the CBT case formulations in eating disorders
- Define the core strategies used in CBT for eating disorders

Community Training for Dietitians: The Essentials - 6 hours

This eLearning provides a comprehensive overview from beginner to intermediate level clinicians in the community who work with eating disorders. This training package includes an introduction to eating disorders, an overview of the treatments available, guidance on how to adopt a therapeutic approach, nutrition assessment and management, managing weight and an eating disorder as well as an introduction to Family Based Therapy (FBT), how to maintain professional boundaries and engaging in self-care and appropriate supervision when working with this clientele.

If more places are needed for your centre, please contact us at: headtohealth@insideoutinstitute.org.au