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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.

InsideOut has expanded its suite of online learning by developing and launching specialised training courses:

- **Meal Support in the Hospital Setting:** For health professionals in a general hospital setting who are providing one to one meal support for patients with an eating disorder.
- **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.
- **Eating Disorder Inpatient Management – Adult:** Provides a practice-based introduction to managing an adult with an eating disorder in a hospital setting.
- **Eating Disorder Inpatient Management – Children & Adolescent:** Provides a practice-based introduction to managing a young person with an eating disorder in a hospital setting.
- **Cognitive Behavioural Therapy for Eating Disorders: a Practice Based Introduction:** Provides a basic understanding of Cognitive Behavioural Therapy for 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.



- **'Red Flags': Decision Making and Communication for at-risk Clients in the Fitness Industry:** A new online course for all fitness professionals, that also offers 2 CEC's with Fitness Australia.
- **EducatED: Introductory Training for Education Staff:** Provides a basic introductory-level learning of Eating Disorders to Australian education and wellbeing professionals in the school systems.
- **Nutrition Basics (for health professionals):** Provides foundational nutrition information and outlines the principles for healthy eating for the general population.
- **Inpatient Training for Dietitians (coming soon).**
- **SupportED: Online Self-Help Program for Carers of People with an Eating Disorder:** An online skills program for carers, family members and other support people of individuals living with an eating disorder. For more information about InsideOut's eLearning courses please visit the eLearning section at our Website.

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