

November 2017  
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## NSW Workforce Development Update: Cognitive Behavioural Therapy Training

With funding from NSW Health InsideOut is building the capacity and capability of the NSW workforce to be confident and competent to address eating disorders. This involves the development and dissemination of trainings in evidence based treatment across the state.



*Your NSW CBT-E Champions*

In 2017, the roll out of Cognitive Behavioural Training to every local health district across the state commenced. The first round of face-to-face trainings started to roll out from August, with approximately 125 clinicians now trained to deliver CBT for eating disorders across NSW. Training is continuing into mid 2018 with approximately 100 clinicians still to be trained as part of the first round.



To ensure success of the roll out of training, 16 health professionals from across NSW were trained at a workshop held in Sydney to be CBT for eating disorders Champions. Their role will be to support clinicians who have been trained locally to deliver the treatment.

Another component of the model is to deliver supervision to trained NSW Health clinicians across the state. Supervision has commenced with a number of clinicians across the state who attended the training and who are seeing clients with eating disorders for the first time.

The second round of face-to-face trainings are due to commence in mid-2018 and will continue into 2019.

The specialised eLearning training package *Cognitive Behavioural Therapy for Eating Disorders: A Practice Based Introduction*, launched in 2017, has been well received with over 250 enrolments. InsideOut also collaborated with NSW Health to make the course available to all NSW Health staff free of charge on My Health Learning (formerly known as HETI).

For more information about InsideOut's eLearning courses please visit the [eLearning](#) section at our Website.

