

MENTAL HEALTH IN FOCUS

EATING DISORDERS: BEYOND THE UNKNOWN

Episode Three

CLINICAL RESOURCE LIST

Resource Name	Link	Description
Dieting and the Diet Cycle	www.nedc.com.au/eating-disorders/eating-disorders-explained/disordered-eating-and-dieting/	Understanding the link between dieting and the development of an eating disorder.
CBT Guided Self Help	www.nedc.com.au/assets/Uploads/NEDC-CBT-Guided-Self-Help-Fact-Sheet.pdf	A manualised treatment for mild to moderate disordered eating or an eating disorder. It is a highly structured, client-centred intervention based on the principles of CBT.
Enhanced Cognitive Behavioural Treatment (CBT-E) for Eating Disorders – What is it?	www.cbte.co/what-is-cbte/a-description-of-cbt-e/	A transdiagnostic psychological treatment for eating disorders.
CBT-E Transdiagnostic Formulation for Eating Disorders	www.cbte.co/for-professionals/cbt-e-resources-and-handouts/	Developing a shared understanding between the client and clinician of those factors that maintain and perpetuate an eating disorder.
Eating Disorder Core Skills: eLearning for Mental Health Professionals	https://nedc.com.au/professional-development/elearning/eating-disorder-core-skills-elearning-for-mental-health-professionals/	MH Core Skills is a 5-hour self-paced comprehensive foundational training designed to equip mental health professionals with knowledge and skill across identification, assessment, referral, and support.



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Eating Disorder Organisations

National Eating Disorder Collaboration	www.nedc.com.au/	NEDC is an initiative of the Australian Government dedicated to developing and implementing a nationally consistent, evidence-based system of care for the prevention and treatment of eating disorders.
Eating Disorders Victoria (EDV)	www.eatingdisorders.org.au/	Eating Disorders Victoria is a not-for-profit organisation providing support services, information, and guidance to people impacted by eating disorders in Victoria.
Eating Disorders Queensland (EDQ)	www.eatingdisordersqueensland.org.au/	A statewide community-based not-for-profit organisation providing support and treatment for people living with an eating disorders, families and supports in QLD.
Butterfly Foundation	https://butterfly.org.au/	Butterfly provides support services, treatment and resources, prevention and early intervention programs, and advocacy for those living with an eating disorder, families, and supports.
The Victorian Centre of Excellence in Eating Disorders (CEED)	www.ceed.org.au/	A statewide program providing leadership and support through clinical consultation, training, resource and service development.
The InsideOut Institute for Eating Disorders	https://insideoutinstitute.org.au	Australia's national institute for research and clinical excellence in eating disorders.
Queensland Eating Disorder Service (QuEDS)	https://www.qld.gov.au/health/services/specialists/queensland-eating-disorder-service-queds	QuEDS provides assessment, care, and treatment for people and their families affected by eating disorders in QLD.

