

Nutritional Interventions for Eating Disorders

Dates: 16 Oct - 17 Oct 2017

Venue: Life Therapies Clinic, 31 Saintfield Road, Belfast, BT8 6AF

Eating disorders are complex mental health conditions with a wide range of symptoms and contributing factors, a frequent degree of overlap and the need for a multi-disciplinary approach to treatment.

Clearly, eating disorders conditions are about far more than just nutrition. At the same time, they are notable for their nutrition-related aspects and a number of possible underlying physiological imbalances. Nutritional interventions regarding food intake, eating behaviours and weight regulation are important elements in treatment if somebody with an eating disorder is to recover.

This seminar programme is designed to inform and empower clinicians working with eating problems who do not have nutritional qualifications but who wish to add basic nutritional advice to their treatment approach. By taking part of this program, you will understand why nutritional interventions are important in working with these conditions, and learn how to integrate simple but effective nutritional approaches alongside other evidence-based treatments for eating distress.



In this programme you will learn

- Why nutritional counselling is important for eating problems
- What to eat & drink for optimum health, and why
- How the body uses nutrients
- How to separate fact from fiction regarding nutrition and dieting
- How to use simple steps and basic nutritional interventions to support physical and emotional health
- Where vitamin and mineral supplements fit into work with eating distress
- How to apply the knowledge and skills from the training to your practice, safely and effectively
- How to enhance your nutritional knowledge from other resources
- How to apply your learning to enhance your own relationship with food
- How to move beyond first principles with regard to nutritional approaches

Modular Training

This training stands alone. It is one module of the NCFED Master Practitioner Programme for Eating Disorders and Obesity. The other modules include the 8 Day Practitioner Skills for Eating Disorders and the 3 Day Essential Obesity – Psychological Approaches. For details of the Diploma, Advanced Diploma and Master Practitioner awards please contact 07706 705814.



National Centre for
Eating Disorders



The British
Psychological Society
Approved

Approved by the British Psychological Society Learning Centre for the purposes of Continuing Professional Development as part of the Master Practitioner Programme.

THE PROGRAMME

The following is an overview of the programme. No prior nutritional knowledge is needed. This programme does not specifically cover the management of obesity and weight loss, although some elements of the programme are relevant to these situations. Such areas will be highlighted as appropriate. The programme will use a range of teaching formats: pre-reading group presentations, individual and small group exercises.

Pre-programme Work

This programme assumes no prior nutritional knowledge. The key information that you will need to benefit from attending the programme will be provided as pre-work one month before the attendance days. It will cover the following topics:

Introduction & Background

- Aims and objectives of the programme.
- Definition of nutritional 'interventions' specifically with regard to eating problems
- Rationale and evidence for including nutritional approaches in the management of eating distress.

Nutritional approaches – The basics

- Macro nutrients: carbohydrates, fats, proteins and fluids
- Micronutrients: vitamins, minerals and phytonutrients
- Categories, requirements and sources
- Functions and use in the body
- Key concepts in nutrition.

To get the most from the two-day programme, please make sure you allow time to complete the pre-work as in order on putting the knowledge you have gained from the pre-work into practice, we will not cover the background information in detail in the attendance element of the programme. The attendance days will be organised as follows:

DAY ONE

Introduction & Overview

- Aims and objectives of the programme
- Key points from the pre-work

Biochemical changes that can affect physical and mental health in eating distress including:

- Nutritional depletion and deficiencies
- Neurotransmitter imbalance
- Blood glucose and hormone balance
- Food allergies, "addictions" and intolerances
- Digestion and metabolism

Nutritional approaches for addressing biochemical changes in eating distress.

- The role of macro- and micro nutrients
- Nutritional approaches to managing lifestyle factors (e.g. stress and exercise) in eating distress
- Nutrition education and dietary choices
- Food planning and portion size
- Fact or fiction with regard to food, diet and weight control.

DAY TWO

The use of vitamin and mineral supplements for managing eating distress

- Supplements and general health
- Is there a role for supplementation when working with eating distress?
- Safety guidelines for supplement use
- Key drug/herb/nutrient interactions

Turning theory into practice

- Including nutritional approaches in your practice
- Four-pronged approach
- First steps, client engagement and motivation
- Nutritional guidelines
- Managing issues and difficulties particular to eating distress (e.g. purging)
- Moving clients on nutritionally
- Eating disorders and specific populations
- Issues of safety, boundaries and good practice.

Summary and Close

- Completing your assignment
- Further support, additional resources and training
- Final questions and answers.

Please Note:

This seminar does **not** cover nutritional approaches for cases of anorexia nervosa or bulimia nervosa or other types of eating disorder that require medical nutritional management. In addition, although this course is appropriate CPD for eating disorders work, it does not qualify participants to practice as a Nutritional Therapist or other nutrition professional.

COURSE TUTOR

Jane Nodder



Jane has an MSc (with distinction) in Nutritional Medicine from the University of Surrey. She has many years experience in the training and education of nutrition practitioners having worked as a Senior Lecturer and Clinic Supervisor at the University of Westminster, London for 12 years. She is now MSc Course Director at the Northern College of Acupuncture in York. Jane also delivers nutrition workshops and training for a range of professional groups.

Jane was a member of the NICE Guideline Development Group for Eating Disorders from 2002-2004. She has worked with the National Centre for Eating Disorders as nutrition supervisor and trainer since 2004, and has delivered the Nutritional

Interventions programme to many practitioners over the years. She has an open encouraging style and seeks to make learning about nutrition as practical, accessible and informative as possible.

Trainer:	Jane Nodder
Dates:	16 Oct - 17 Oct 2017
Location:	Life Therapies Clinic 31 Saintfield Road Belfast BT8 6AF
Investment:	£550
Discount:	Receive a substantial discount if you book this course as part of the Master Practitioner Programme

Course Booking

To book this course now call us on 07706705814 or book online.

[Book Online Now](#)

Certification

We award a certificate of attendance to all delegates. To gain the Certificate of Excellence in Nutritional Interventions for Eating Disorders you may submit an assignment within 6 months of the course conclusion. The assignment is a case study that allows you to demonstrate your understanding of the course materials. The case study brief is provided at the end of the training programme. The marking fee is £75.

Testimonials

"I found Jane incredibly personable and approachable, which made it an excellent forum to ask questions and learn"

"Very helpful both professionally and personally – thank you"

"Excellent, valuable course, extremely well delivered"

More Details

For further information email us at info@life-therapies.com or call us on 07706 705814.