



National Centre for Eating Disorders

NUTRITIONAL INTERVENTIONS FOR EATING DISORDERS

A Three Day Training Programme



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

With **JANE NODDER** OF *Nutriworks* and **DEANNE JADE** of *NCFED*
CPD for health professionals working with eating problems
For forthcoming dates see booking form

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 0845 838 2040

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-focus approach to treatment.

Clearly, these 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. 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.

YOU WILL LEARN:

- **Why nutritional counselling is important for eating problems**
- **What to eat & drink for optimum health, and why**
- **How the body uses food and nutrients**
- **How to separate fact from fiction regarding food and dieting**
- **How to use simple steps and basic nutritional interventions to correct biochemical imbalances and support physical and emotional health**
- **Where vitamin and mineral supplements fit into work with EDs**
- **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**



Investment: Please see booking form for current prices

This course is discounted if taken as part of the Master Practitioner Programme

CALL 0845 838 2040

VISIT www.eating-disorders.org.uk

EMAIL ncfed@btclick.com

THE PROGRAMME

The following is an overview of the programme. No prior nutritional knowledge is needed. Although not specifically covered, many of the elements of this programme are relevant to the management of obesity and weight loss. Such areas will be highlighted as appropriate. The programme will use a range of teaching formats; group presentations, individual and small group exercises, and role play.

DAY ONE

Provides a definition of nutritional interventions as they relate to the management and phases of treatment for eating disorders. The focus is on the basics of optimum nutrition and bio-chemical imbalances common in those with eating problems.

1. INTRODUCTION AND OVERVIEW

- Aims and objectives of the programme
- Definition of nutritional "interventions" specifically with regard to eating problems
- The rationale for and role of nutritional approaches in the management of eating disorders
- How nutrition can inform your practice and enhance your therapeutic work

2. NUTRITIONAL APPROACHES: THE BASICS

- Micro and Macro Nutrients
 - Categories requirements and sources
 - Functions and use in the body
- Key concepts in nutrition

3. COMMON BIOCHEMICAL IMBALANCES

How these can affect body and mind, and precipitate and perpetuate eating distress. We consider the relevance of

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

DAY TWO

Explores how to use nutritional interventions to adjust common biochemical imbalances that often perpetuate eating distress. We also consider the influence of lifestyle on physiology and mental health. The day ends with a look at some common myths about food, diet and weight control.

1. CORRECTING BIOCHEMICAL IMBALANCES WITH NUTRITION

- The role of macro and micro nutrients and their role in managing eating distress
- Nutrition education and dietary choices
- Meal planning and portion size

2. LIFESTYLE FACTORS

- The influence of lifestyle factors such as stress and exercise, on physiological and emotional state
- How nutrition can help with managing lifestyle factors

DAY THREE

Discusses important issues relating to the use of vitamin and mineral supplements. We will then pull together the learning from the three days and consider how to translate theory into safe and effective practice.

1. VITAMIN AND MINERAL SUPPLEMENTS FOR EATING DISORDERS

- Is there a role for supplementation?
- What might be appropriate?
- Principles for the safe and effective use of supplements
- Key drug/herb/nutrient interactions

2. PUTTING THEORY INTO PRACTICE

- Incorporating nutritional interventions into your practice
- First steps, including client engagement
- Motivational issues and moving on
- Managing issues and difficulties particular to eating disorders
- Working with co-morbid and co-existing conditions
- Issues of safety and good practice

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. Although this course is appropriate CPD for eating disorders work, it does not qualify participants to practice as a Nutritional Therapist or nutrition professional.

YOUR TUTORS



Jane Nodder trained as a Nutritional Therapist at the Institute of Optimum Nutrition. She now works in private practice, and is a Lecturer and Clinic Supervisor for the BSc (Hons) degree in Nutritional Therapy at the University of Westminster. Jane is currently studying for an MSc in Nutritional Medicine at the University of Surrey. For business, Jane runs 'Health at Work' - a seminar programme that explains how nutrition can help manage the pressures of working life. Jane has worked closely with **NCFED** for many years. She was a member of the NICE Guideline Development Group for Eating Disorders and delivers training for a range of groups to raise awareness about eating disorders. Jane has an open encouraging style and seeks to make nutrition learning as practical and informative as possible.



Deanne Jade, a psychologist, is principal and founder of **NCFED** the UK's largest independent eating disorder treatment service. She is acknowledged as a leading expert in the treatment of eating disorders and weight control. Deanne is a member of many professional organisations including the BPS DCP Forum on Eating Disorders, the European Health Psychology Society, the National Obesity Forum and an All-Party Parliamentary Committee on Obesity. She has assisted the NICE guideline development committees for eating disorders, obesity, and obesity surgery. Deanne features extensively on TV, radio and national published media. She is respected both for her knowledge and for her ability to deliver powerful material in a style that is easy to absorb.

TO REGISTER PHONE 0845 838 2040 VISIT www.eating-disorders.org.uk EMAIL ncfed@btclick.com

CERTIFICATION

We award a certificate of attendance to all delegates. Optionally, to gain the Certificate of Excellence in Nutritional Interventions for Eating Disorders you may submit an essay within 6 months of the course conclusion. This will be your response to a case study based on a case study provided by NCFED demonstrating your application of the material taught on the course. 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"

"Her recall of so much information and ability to respond instantly to questions is amazing"

"I found it fascinating to hear the links between nutrition and mental health"

"Excellent, valuable course, extremely well delivered"

