



National Centre *for*
Eating Disorders

NUTRITIONAL INTERVENTIONS FOR EATING DISORDERS

A Two Day Training Programme with Pre Course Study



the british
psychological society
approved

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 **EMMA HENDRICKS** and **KATE DELMAR-MORGAN**
CPD for health professionals working with eating problems

Next dates see

<https://eating-disorders.org.uk/professional-training/nutritional-interventions-for-eating-disorders/>

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 9 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 website for current price

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

CALL 0845 838 2040

VISIT www.eating-disorders.org.uk

EMAIL admin@ncfed.com

THE PROGRAMME

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

PRE COURSE WORK

1. INTRODUCTION & BACKGROUND
 - Our Objectives
 - Definition of nutritional 'interventions' with regard to eating problems
 - Rationale and evidence for including nutritional approaches in the management of eating distress
2. NUTRITIONAL APPROACHES – THE BASICS
 - Macro nutrients: carbohydrates, fats, proteins and fluids
 - Micronutrients: vitamins, minerals and phytonutrients
 - Categories, requirements and sources
 - Functions of nutrients 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. The rest of the programme will focus on putting this knowledge into practice. We will assume good familiarity with background information and this will be tested during the attendance element of the programme. The attendance days are organised as follows:

DAY ONE

1. INTRODUCTION & OVERVIEW
 - Aims and objectives of the programme
 - Key points from the pre-work
2. BIOCHEMICAL CHANGES AFFECTING PHYSICAL & MENTAL HEALTH
 - Nutritional depletion and deficiencies
 - Neurotransmitter imbalance
 - Blood glucose and hormone balance
 - Food allergies, "addictions" and intolerances
 - Digestion and metabolism

3. NUTRITIONAL APPROACHES FOR ADDRESSING BIOCHEMICAL CHANGES IN EATING DISORDERS
 - The role of macro and micro nutrients
 - Nutritional approaches to managing lifestyle factors (e.g. stress & exercise)
 - Nutrition education and dietary choices
 - Food planning and portion size
 - Fact or fiction with regard to food, diet and weight control

DAY TWO

1. VITAMIN & MINERAL SUPPLEMENTS FOR EATING DISTRESS
 - Supplements and general health
 - Is there a role for supplementation for eating distress?
 - Safety guidelines for supplement use
 - Key drug/herb/nutrient interactions
2. TURNING THEORY INTO PRACTICE WITH CASE STUDY
 - How to include nutritional approaches in your practice
 - Four-pronged approach
 - First steps, client engagement and motivation
 - Nutritional guidelines
 - Managing specific ED issues such as purging
 - Moving clients on nutritionally
 - Eating disorders and specific populations
 - Safety, boundaries and good practice
3. 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 anorexia nervosa or any eating disorders that require medical nutritional management such as obese clients with diabetes. This course is appropriate CPD for eating disorders work and note that delegates do not qualify to practice as a nutrition therapist or nutrition professional.

YOUR TUTORS



Emma Hendricks is a Registered Nutritional Therapist & Behaviour Change Practitioner. After training at the Institute for Optimum Nutrition, she founded a private practice in Kent and also works as a practitioner supervisor, guest lecturer and nutrition consultant. Emma is currently completing a doctorate in health psychology where her area of interest is eating behaviour, eating disorders and body image. Emma has also trained in counselling and CBT techniques and is keen to bridge a gap between nutritional practice and behaviour change science. Emma has a Master Practitioner qualification in Eating Disorders and Obesity with the NCFED.



Kate Delmar-Morgan Kate is a Registered Nutritional Therapist (rCNHC, fBANT) & nutrition consultant with a 1st class BSc (Hons) in Health Sciences & Nutritional Therapy at the University of Westminster. She is a fellow member of the British Association of Nutritional Therapy & Lifestyle Medicine (BANT) & is a member of their Professional Practice Panel and she also has the NCFED Practitioner award for the treatment of eating disorders. Kate lectures widely on nutrition & has worked in private practice, helping individuals improve their health through nutrition & lifestyle. She delivers workshops & CPD events & currently also holds the position of Training Clinic Supervisor at the Institute for Optimum Nutrition where she has worked for many years in various lecturing, corporate roles & as Head of Clinics.

TO REGISTER PHONE 0845 838 2040 VISIT www.eating-disorders.org.uk EMAIL admin@ncfed.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 Emma 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"

