



**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 **LISA SMITH** and **MARCELLE ROSE**  
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 4 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](http://www.eating-disorders.org.uk)

EMAIL [admin@ncfed.com](mailto: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



**Lisa Smith** is a BANT Reg. Nutritionist specialising in functional nutrition. She is also a co-Founder of NEDDE - an organisation specialising in the treatment of eating disorders and neurodivergence. In addition to offering lectures and workshops on a wide range of issues linking nutrition and mental health, she delivers training on hunger and appetite, and influences on weight change on the Eating Disorders and Obesity courses offered by NCFED. Lisa also holds a senior lecturer position at the College of Naturopathic Medicine, sharing her knowledge with aspiring professionals. Her approach prioritises the individual client and their unique needs, disregarding any predefined diagnoses or labels. Beyond conventional dietary guidelines, Lisa takes into account factors such as the client's internal and external environment, genetic predisposition, and lifestyle, to uncover elements that may impact their physical and mental well-being. She brings to her training of non-nutrition professionals her extensive expertise regarding a wide range of eating behaviours. She possesses a deep understanding of how neurodivergence can influence these behaviours, providing her with valuable insights in her practice.



**Marcelle Rose** Dip CNM, BANT, CNHC, BA (Hons) is a Registered Nutritional Therapist & Health Coach, specialising in eating disorders & emotional eating. She is the author of The Binge Freedom Method. After training at the College of Naturopathic Medicine, Marcelle founded a private practice & supports clients both nationally & internationally. She holds the Master Practitioner Qualification from NCFED, with additional training in counselling skills, body image & neurodiversity. Marcelle offers compassionate, evidence-based support to help individuals overcome disordered eating & build a healthier relationship with food. She is also an experienced trainer, regularly delivering workshops & presentations to healthcare professionals, corporate teams, & organisations on nutrition, eating disorders, & emotional eating recovery.

TO REGISTER PHONE 0845 838 2040 VISIT [www.eating-disorders.org.uk](http://www.eating-disorders.org.uk) EMAIL [admin@ncfed.com](mailto: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 £105

## TESTIMONIALS

*"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"*

