

Queensland Eating Disorder Service (QuEDS)

with contribution from CYMHS – Eating Disorder Program

Dietitian Level II Training

Nov 11 & 12, 2026

2-day Online Training for Dietitians working with people who have Eating Disorders

Advanced Nutrition Counselling Skills & Dietetic Alignment with ED-specific Psychological Therapies

Information at a glance

Day 1: November 11th – 0800-1630hrs

½ day Advanced Nutrition Counselling Skills

½ day Dietetic alignment with Child & Youth ED-specific therapies

Day 2: November 12th – 0800-1630hrs

Dietetic alignment with ED-specific therapy: CBT-e, MANTRA, SSCM, CBT-AR

Online only: via Microsoft TEAMS.

Cost: Free

All queries to: QuEDSDietitians@health.qld.gov.au

About the Training:

This training is an extension of the *QuEDS Level I Dietetic Training* and is designed to be attended in **full**.

See eligibility to register.

This course is best suited to Dietitians working in community settings but may be a useful adjunct to those working in the inpatient space.

Please ensure the learning objectives on page 3 meet your clinical learning needs.

Participants will be expected to contribute to online activities.

QuEDS Level II Dietetic Training - 2026

Part A. Advanced Nutrition Counselling Skills webinar (4hrs) will provide comprehensive training in key communication and counselling skills for provision of the dietetic intervention in eating disorder treatment, including managing ethical dilemmas, safety, and risk management.

Part B. Alignment of Dietetic Care to ED-specific Psychological Therapies provided by mental health clinicians

- ED-specific therapies for child and youth
- CBT-e, MANTRA, SSCM, CBT-AR.

- Content is based on current management guidelines, published literature, clinical consensus, consumer input, and will be delivered by experienced dietitians with support from mental health credentialed practitioners.
- This course has been created by dietitians some of whom have extended training and scope, in consultation with mental health clinicians and oversight by QuEDS. It is *not* designed to replace formal education and does *not* allow you to practice to an extended scope. Supervision is always encouraged to further explore these learnings.

Eligibility:

Required:

- This course is only suitable for *Accredited Practising Dietitians* (APD or APD-eligible) with *2+years of clinical experience*.
- Be willing to participate in evaluation of the training to improve future learning.

Recommended:

- Previous completion of *QuEDS Evidence Informed Dietetic Training Level I* (or similar).
- Basic understanding of the common psychological interventions in eating disorder treatment.
- Engaged in ED-specific supervision, either group (such as QuEDS FPS) or individual (public or private).

Registration:

- Registration numbers will be limited.
- Both Level I (next available March 2027 – dates TBC) and Level II will be offered on an annual basis.
- Please check eligibility and capacity to participate prior to registering via the link below.

[2026 Level II Dietetic Training Registration and Pre-survey – Fill in form](#)



All queries: email to QuEDSDietitians@health.qld.gov.au with 'Level II training' in subject line.

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Learning Objectives:

- Develop understanding and practice of key counselling and communication skills that support provision of the dietetic intervention in the eating disorder sector, including alignment with evidence-based eating disorder therapies.
- Develop comprehensive understanding of the role of dietitian working alongside psychological interventions in eating disorder treatment to enhance value of the dietitian and nutrition intervention.
- Explore ethical dilemmas to treatment and develop skills to manage these safely.
- Improve confidence and ability in risk management when working with people experiencing eating disorders.
- Understand practice boundaries and when to escalate risk to psychological and medical professionals.
- Develop ability to work effectively within a multidisciplinary team inclusive of family, carers, loved ones and lived experience practitioners.

What to Expect:

This is an interactive learning space.

Prior to the training, we'll send out a worksheet for you to make sure you come prepared with a case or two so that you can get the most out of your training.

Be ready to contribute to discussions and breakout room activities.

Recommended pre-readings: (at least the abstracts!)

- Bray, M., Heruc, G., Byrne, S., & Wright, O. R. L. (2023). Collaborative dietetic and psychological care in Interprofessional Enhanced Cognitive Behaviour Therapy for adults with Anorexia Nervosa: a novel treatment approach. *Journal of eating disorders*, 11(1), 31. <https://doi.org/10.1186/s40337-023-00743-w>
- Crow T, Kiely L, Harris D, Palermo C. (2025). Professional supervision in dietetics: A comprehensive, narrative literature review. *Nutrition & Dietetics*, 1-10. doi:[10.1111/1747-0080.70023](https://doi.org/10.1111/1747-0080.70023)
- Dietitians Australia, Scope of Practice Recommendations. Available via: [Scope of Practice for dietitians | Dietitians Australia](#)
- Dietitians Australia, Eating Disorder Role statement (2013). Available via: [Eating disorders role statement | Dietitians Australia](#)
- Heruc, G., Hart, S., Stiles, G. et al. (2020). ANZAED practice and training standards for dietitians providing eating disorder treatment. *J Eat Disord* 8(77). <https://doi.org/10.1186/s40337-020-00334-z>
- Nagy, A., McMahon, A., Tapsell, L., Deane, F. (2022). The therapeutic relationship between a client and dietitian: A systematic integrative review of empirical literature. *Nutrition & Dietetics*, 79(3), 303-348. doi:[10.1111/1747-0080.12723](https://doi.org/10.1111/1747-0080.12723)
- Yang, Y., Conti, J., McMaster, C. M., Piya, M. K., & Hay, P. (2023). "I Need Someone to Help Me Build Up My Strength": A Meta-Synthesis of Lived Experience Perspectives on the Role and Value of a Dietitian in Eating Disorder Treatment. *Behavioral sciences*, 13(11), 944. <https://doi.org/10.3390/bs13110944>
- Yang, Y., Conti, J., McMaster, C. M., & Hay, P. (2021). Beyond Refeeding: The Effect of Including a Dietitian in Eating Disorder Treatment. A Systematic Review. *Nutrients*, 13(12), 4490. <https://doi.org/10.3390/nu13124490>