Application for approval of training

Evidence-based eating disorder treatment model

The National Framework for Eating Disorders Training: A guide for training providers (The Framework) has been designed to support and guide training providers in the design, structure, and content of eating disorder training for mental health professionals and dietitians. Please ensure that you have read the Framework prior to completing your application.

Training providers seeking approval of their training must use the Framework and provided application form for their application. Please ensure that you have selected the form relevant to training in introduction to eating disorders (green), evidence-based treatment model (orange), or evidence-informed dietetic practice (red). Training providers are required to address each **General Standard** and **Content Standard** via this form. Detailed instructions are included within each section of the form.

Further information can be found on the NEDC website here.

National Eating Disorders Collaboration

Evidence   Experience   Expertise

Application for approval of training

Evidence-based eating disorder treatment model

Training Details
Date of application
Name of training provider/s and/or training organisation
Name of training

General Standards

Please provide evidence that your training meets each of the General Standards using no more than 150 words per Standard.

General Standard	Evidence
1. Clinical experience involved in planning, developing, delivering, and evaluating training	Summary of training provider/s experience: *You may provide NEDC with a copy of your CV in place of a written summary*
	I confirm that I meet the eligibility criteria for the ANZAED Eating Disorder Credential

General Standard	Evidence
2. Lived experience, family and/or support contribution to training	Summary of lived experience input into training development and/or delivery (please ensure all information provided is deidentified):
	Slide or page number/s:
	I confirm that I have sought and obtained consent to use any materials that have been developed by someone with lived experience
3. Inclusion of preparatory activity/ activities to improve educational value	Summary of predisposing activity/activities: *Please provide NEDC with any links or documents related to preparatory activities*
4. Learning outcomes are described in the description of training and at the commencement of training	Summary of learning outcomes: *Please provide NEDC with any links or documents related to learning outcomes*

General Standard	Evidence
5. A mixed training format of didactic, interactive, and experiential approaches	Summary of teaching and learning approaches: *You can indicate within the Standard Checklist (pages 7-20) where mixed format occurs in place of providing a written description*
	Slide or page number/s:
6. Assessment of learning	Summary of assessment of learning activities and outcomes: *Please provide NEDC with any links or documents related to assessment activities*
7. Evaluation of training: participant feedback	Summary of evaluation of training: *Please provide NEDC with any links or documents related to training evaluation*

General Standard	Evidence
8. Duration of training for face-to-face and online trainings	Please indicate the duration (or expected duration) of your training:
9. Evidence-based and evidence-informed approaches	Indication of referencing within training. For example, reference list or references included on slides.
	I confirm that the training incorporates the most recent evidence and is aligned to evidence-base and evidence-informed treatment guidelines

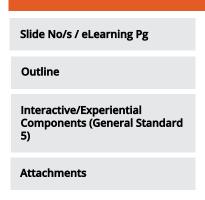# Evidence-based treatment model

Content Standards

For each Content Standard, please provide the following information:

- Which slide (live training) or section (self-paced training) the Standard is covered
- A brief outline of the content covered (optional)
- A description of any interactive/experiential activities related to the Standard (e.g. video, case discussion, group work, quiz) (if applicable)
- A list of any supporting resources or attachments provided to the clinician to support their learning (e.g. clinical resources) (if applicable)

Please see an example below.

1a. Outline the theoretical development of the model including the basic underpinning framework and thinking behind the factors which contribute to change

Slide No/s / eLearning Pg
Outline
Interactive/Experiential Components (General Standard 5)
Attachments

Content Standards

Please provide evidence that your training meets each of the Content Standards.

1a. Outline the theoretical development of the model including the basic underpinning framework and thinking behind the factors which contribute to change

Slide No/s / eLearning Pg	
Outline	
Interactive/Experiential Components (General Standard 5)	
Attachments	

For NEDC Internal Use

Meets	
Needs Further Information	

1b. Outline and critically present the research supporting treatment efficacy, including remission rate and outcomes for different populations and diagnoses

Slide No/s / eLearning Pg	
Outline	
Interactive/Experiential Components (General Standard 5)	
Attachments	

For NEDC Internal Use

Meets	
Needs Further Information	

1c. Describe the diagnostic presentation/s for which the model has evidence. At a minimum, treatment should be specific to the person's age, diagnosis, and stage of illness.

Slide No/s / eLearning Pg

Outline

Interactive/Experiential Components (General Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Information

2a. Be able to implement an evidence-based treatment modality for eating disorders. This includes:
- **Formulation**
- **Core tenets of the treatment**
- **Treatment sequence, including key treatment steps and goals**
- **Clinical tools used within the model**

Slide No/s / eLearning Pg

Outline

Interactive/Experiential Components (General Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Information

2b. Be able to provide psychoeducation relevant to the person's clinical presentation. Communication and information should be provided to the person experiencing an eating disorder, family, and significant others. See Table 1 of ANZAED eating disorder treatment principles and general clinical practice and training standards for further information

Slide No/s / eLearning Pg	
Outline	
Interactive/Experiential Components (General Standard 5)	
Attachments	

Meets	
Needs Further Information	

2c. Measure treatment outcomes using methods that are standardised or of an accepted standard in the field. This includes measures such as monitoring weight, frequency of eating disorder behaviours, or eating disorder psychopathology with psychometric measures throughout treatment.

Slide No/s / eLearning Pg	
Outline	
Interactive/Experiential Components (General Standard 5)	
Attachments	

Meets	
Needs Further Information	

2d. Understand the need for a personalised approach for all people experiencing an eating disorder. This includes scheduling treatment sessions at a frequency that matches the severity of the person's eating disorder, the treatment goals, and the treatment model being implemented

Slide No/s / eLearning Pg

Outline

Interactive/Experiential Components (General Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Information

3a. Be able to demonstrate an empathetic understanding of high levels of ambivalence and fear of change in people experiencing an eating disorder, their families, and supports

Slide No/s / eLearning Pg

Outline

Interactive/Experiential Components (General Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Information

3b. Be able to arrive at a shared understanding of the illness with the person and their family and supports and reach a collaborative agreement on the approach to, and goals and topics of treatment

Slide No/s / eLearning Pg

Outline

Interactive/Experiential Components (General Standard 5)	
Attachments	

3c. Be able to engage and work collaboratively with the person's family and supports throughout treatment and work within the limitations of confidentiality in those instances in which the person does not consent to family input or involvement

Slide No/s / eLearning Pg	
Outline	
Interactive/Experiential Components (General Standard 5)	
Attachments	

4a. Within professional role and scope of practice, work collaboratively with professionals from other disciplines to implement and review the treatment plan

Slide No/s / eLearning Pg	
Outline	
Interactive/Experiential Components (General Standard 5)	
Attachments	

5a. Implement strategies to enhance motivation for change

Slide No/s / eLearning Pg

Outline

Interactive/Experiential Components (General Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Information

5b. Be able to describe the contraindication/s for using the specific treatment model

Slide No/s / eLearning Pg

Outline

Interactive/Experiential Components (General Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Information

5c. Assess for and manage medical, nutritional, and psychiatric risk throughout treatment (as fitting within the clinician's scope of practice) and make appropriate referrals to other professions as required (for example, medical practitioner, dietitian, psychiatrist)

Slide No/s / eLearning Pg

Outline

Interactive/Experiential Components (General Standard 5)

Attachments

Meets

Needs Further Information

5d. Be able to describe the most appropriate treatment setting for the treatment model within the stepped system of care for eating disorders. This includes recognising indicators for referral to a higher level of care (for example, as an inpatient or day patient) and the aim of each care level. See Appendix B of the Training Framework for further information.

Slide No/s / eLearning Pg

Outline

Interactive/Experiential Components (General Standard 5)

Attachments

Meets

Needs Further Information

5e. Understand why, when, and how non-negotiables should be applied within the treatment approach

Slide No/s / eLearning Pg

Outline

Interactive/Experiential Components (General Standard 5)

Attachments

Meets

Needs Further Information

5f. Recognise indications of relapse or poor response to the model-based treatment and be able to develop a relapse management plan with the person to re-access treatment services post-treatment

Slide No/s / eLearning Pg

Outline

Interactive/Experiential Components (General Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Information

5g. Understand and recognise the need for evidence-informed changes/adaptations to the implementation of the model when working with different populations, including when a person is experiencing a co-occurring mental health condition, is Aboriginal or Torres Strait Islander, from a culturally and/or linguistically diverse background, identifies as LGBTQI+, is neurodivergent, and/or has a disability.

Slide No/s / eLearning Pg

Outline

Interactive/Experiential Components (General Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Information

5h. Understand and recognise the need for evidence-informed changes/adaptations to the implementation of the model when working with different populations, including when a person is experiencing a co-occurring mental health condition, is Aboriginal or Torres Strait Islander, from a culturally and/or linguistically diverse background, identifies as LGBTQI+, is neurodivergent and/or has a disability

Slide No/s / eLearning Pg	
Outline	
Interactive/Experiential Components (General Standard 5)	
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For NEDC Internal Use

Meets	
Needs Further Information	

Additional information

Please ensure that you attach all relevant and supporting documents to support your application for approval of training. Please contact training@nedc.com.au if you have any questions about detail to include.

Additional attachments and supporting documents

I confirm that this training incorporates the most recent evidence and is aligned with evidence-based and evidence-informed treatment guidelines	

PowerPoint slides (if applicable)	
	Attachment name/s:
Link to eLearning module (if applicable)	
	Attachment name/s:
Clinical resources provided to trainees	
	Attachment name/s:
Evidence of clinical experience of training provider	
	Attachment name/s:
Evidence of lived experience input to training	
	Attachment name/s:
Evidence of preparatory activity/activities	
	Attachment name/s:
Evidence of learning outcomes	
	Attachment name/s:
Evidence of assessment of learning	
	Attachment name/s:
Evidence of training evaluation	
	Attachment name/s: