



NEDC's Eating Disorder Core Skills: eLearning for Mental Health Professionals (MH Core Skills)

NEDC's latest online training is now available, **Eating Disorder Core Skills: eLearning for Mental Health Professionals (MH Core Skills)**. This training has been developed specifically for mental health professionals and is evidence-based, nationally recognised and free to access [here](#).

MH Core Skills is a comprehensive, foundational eating disorder training that will equip mental health professionals with the knowledge and skills to:

- Identify when a person is experiencing an eating disorder
- Complete a comprehensive eating disorder assessment
- Refer to appropriate services in the stepped system of care
- Understand the components of eating disorder treatment and recovery.

The five-hour, self-paced and interactive online training includes practical real-life scenarios and activities, videos from leaders in the field and people with a lived experience of an eating disorder, up-to-date resources and a formal assessment.

'Mental health professionals' includes but is not limited to counsellors, mental health nurses, nurse practitioners, occupational therapists, psychiatrists, psychologists, psychotherapists, and social workers.

MH Core Skills has been approved as meeting the requirement of training in introduction to eating disorders for health professionals as required for the ANZAED Eating Disorder Credential. The training is accredited, endorsed or approved by the following professional bodies:

- Accredited by Australian Psychological Society (APS)
- Approved by Australian Counselling Association (ACA)
- Endorsed by Australian Association of Psychologists Inc (AAPi)
- Endorsed by Australian College of Mental Health Nurses (ACMHN)
- Endorsed by Psychotherapy and Counselling Federation of Australia (PACFA)

Access the training [here](#).

URL → www.bit.ly/NEDC-MHP-eLearning

Further information

MH Core Skills – The Modules

Eating Disorder Core Skills: eLearning for Mental Health Professionals includes five modules which align with the NEDC [Workforce Core Competencies](#) and [National Framework for Eating Disorders Training](#), the ANZAED [clinical practice and training standards](#), and the [stepped system of care for eating disorders](#).

The five modules include:

Module 1: Key Features for Early Identification covers the clinical features, prevalence and impact, risk factors and warning signs of eating disorders.

Module 2: Initial Response explores engaging with a person experiencing an eating disorder, screening and screening tools, completing a comprehensive eating disorder assessment, and making a provisional eating disorder diagnosis.

Module 3: Shared Care covers referring to appropriate services in the stepped system of care for eating disorders, understanding and working in the multidisciplinary care team, and engaging families and supports.

Module 4: Treatment provides an understanding of mental health treatment, medical care, nutrition support and stepping up care.

Module 5: Recovery Support explores supporting a person experiencing an eating disorder across the course of illness including relapse prevention and response, long term eating disorders and navigating the end of treatment.



MH Core Skills builds on NEDC's Core Skills series, the first of which was **Eating Disorder Core Skills: eLearning for GPs**, developed for GPs and accessible [here](#).

URL → <https://nedc.com.au/professional-development/elearning/eating-disorder-core-skills-elearning-for-gps/>

MH Core Skills – Frequently asked questions

NEDC have answered some of the most frequently asked questions [here](#).

URL → https://nedc.com.au/assets/eLearning/Frequently-asked-questions_MHP-Core-Skills.pdf

Contact NEDC

If you have any additional questions, contact NEDC at info@nedc.com.au.

