

The Role of Dietetics in Adolescent Eating Disorder Treatment

Outpatient services and research (FT-AN, ARFID and intensive day programs) 1-day online training

When: Tuesday 19th May 2026

Time: 09:30am - 4:00pm

Where: Online via video-conferencing

To apply, please complete the registration form: [here](#)

Programme Facilitators:

Cliona Brennan

Intensive Outreach Team Lead and Specialist Dietitian

Danielle O'Regan

Outpatient Eating Disorders Specialist Dietitian

Maria Bajada

CAMHS Specialist Eating Disorder Dietitian

Michelle Sarachman

Intensive Day Program Specialist Dietitian

Sophie Alder

ARFID Specialist Dietitian

Background:

The Maudsley Centre for Child and Adolescent Eating Disorders (MCCAED) is nationally and internationally renowned for clinical and research evaluation of psychological treatments for eating disorders. Dietitians are an important part of the multidisciplinary team involved in effective adolescent eating disorders treatment. Dietitians are best positioned to support the nutritional care of patients with eating disorders with undertaking nutritional assessments and evaluating dietary risk, screening for and preventing re-feeding syndrome, assessing for and making dietary recommendations to prevent micro and macro nutrient deficiencies, promoting optimal nutrition status and addressing distorted patient beliefs around nutrition and providing psychoeducation on nutrition and dietary topics.

The training is delivered by experienced research engaged dietitians working across a range of outpatient eating disorders specialities to aid understanding of similarities and differences of the dietetic interventions employed across outpatient treatment modalities. On completing the course, participants will understand the implementation of dietetic interventions across outpatient child and adolescent eating disorders services. The training will focus on evidence-based practice and the current research landscape in this field, supporting participants to consider how they may integrate research and service evaluation into their current practice.

The training will focus on the following 4 key areas:

FT-AN/ FT-BN

- The role of the dietitian within these models
- MEED guidance, meal plans and managing refeeding syndrome
- Adjustments to treatment for patients with ASC, type 1 diabetes and considering cultural inclusivity
- Addressing target weight ranges, hormonal health and challenging weight stigma in ED treatment
- Moving away from meal plans and supporting intuitive eating

ITP

- Gain insight into therapeutic interventions and the structure of an intensive treatment program (ITP) day program
- Explore the dietitian's role in ITP, including facilitating dietetic group sessions.
- Learn about menu planning within the day program, gaining insight into accommodating diversity and individual needs.
- Understand the meal support provided in the day program setting.

ARFID

- The role of the dietitian within the MDT for ARFID.
- Identifying nutritional & physical risk for ARFID.
- Improving nutritional risk in different ARFID presentations.

Research in practice:

- Dietitians in research – the current landscape
- Overview of current research and evidence informing dietetic interventions in child and adolescent eating disorders treatment
- Looking forward – research priorities and activities for dietitians in eating disorders

Aims of this programme:

- To provide skills and knowledge on working with young people with eating disorders across a variety of outpatient settings
- To share how the dietitian role is used within The Maudsley across outpatient FT-AN, ARFID and ITP
- To understand the current evidence base and research landscape that informs dietetic practice in this field
- To build participants confidence in undertaking research in outpatient eating disorders settings as a dietitian



What the programme offers:

The intensive one-day program consists of a mixture of didactic and experiential components, including case discussion. There will be a focus on research and its integration into current dietetic practice.

A resource pack will be provided to all course participants that includes all meal plans used at the Maudsley along with commonly used dietetic worksheets and resources.

Key outcome:

At the end of the training participants will have an in depth understanding of dietetic interventions used across outpatient eating disorder services for young people and the evidence base that informs this dietetic practice. Participants will feel confident in how to approach research in an outpatient eating disorders setting while managing a busy caseload.

Cost: £160 per person

Who can apply:

The training is open to HCPC registered dietitians working within the eating disorders field. It is aimed at dietitians working within an FT-AN model, working with ARFID or delivering a day patient program in child and adolescent services. It is open to dietitians working in other settings aiming to improve their understanding of the role of dietetics within these outpatient treatment models for young people with eating disorders.

To apply for a place on this training, please complete the registration form here: [REGISTRATION FORM](#)

Attending the training:

This training will take place over video-conferencing. Links to the training sessions and all accompanying resources will be emailed to participants following sign-up. To attend the video-conference, participants will require a reliable Wi-Fi connection and access to Zoom.

To apply, please complete the registration form:

<https://forms.office.com/Pages/ResponsePage.aspx?id=SuTPoS5oIUqOctA7m1iHqmnREUT32BBKmUnG0KzYye9UM0dVRUIYskhRV1pOTklERTk4QVNXT0ExTS4u>

For further enquiries please email: MCCAEDTraining@slam.nhs.uk

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