

The Non-Diet Approach for Dietitians: 2018 Workshop Series



Health, Not Diets
TRAINING AND WORKSHOPS

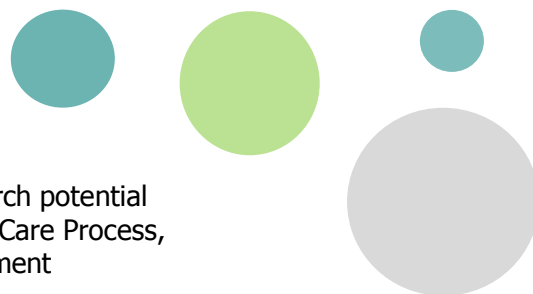
The non-diet approach is the most helpful, least harmful method for dietitians to assist people with weight concern. It should be a part of every dietitian's skillset.

Health, Not Diets offers two types of non-diet approach workshops designed especially for dietitians. The first is a full day foundational workshop for dietitians who have not previously attended non-diet approach training, or who may like some revision and an update on research. The second workshop is suitable for those who are looking to extend and consolidate their skills. The workshops are on consecutive days so that you can choose to come to day 1, day 2 or both.

Day 1: With a thorough explanation of the evidence base as well as hands-on activities, this professional development event will help you to develop foundational competence in using this mode of treatment with your clients/patients. This practical workshop is perfect for dietitians working in private practice, weight management clinics and hospital outpatient services. Includes your own copy of The Non-Diet Approach Guidebook for Dietitians.

Find out about:

- The Health at Every Size (HAES) ® movement
- The five core components of the non-diet approach
- Strategies and worksheets to use with your clients
- Evidence base, current research and practice based research potential
- How to integrate the non-diet approach into the Nutrition Care Process, including nutrition diagnosis and PESS statement development



Day 2: This full day workshop is designed both as a next step from the foundational training as well as ongoing skill development for advanced non-diet approach practitioners. In 2018 our theme for Day 2 is COMMUNICATION. Using various communication frameworks (including Diffusion of Innovations), we will explore how to most effectively communicate weight-neutral concepts by being able to identify where your client/colleagues/collaborators are at, and tailoring your message for highest effectiveness (and lowest likelihood of resistance!). We also spend a session addressing practice issues encountered by workshop participants (so bring your questions and quandaries and we will work through them).

Don't worry if you haven't integrated HAES into every element of your practice (or if you only learned about it the day before!), this workshop will help you to build confidence and work through sticking points. For advanced practitioners including those who have previously attended our advanced workshops, this workshop offers new material, an opportunity to reflect on your practice, hone your skills and network with other fantastic dietitians in your area.

Registration

Day 1: \$245

Day 2: \$200

Day 1 & 2: \$400

GST-free*

See overleaf for 2018 dates

Register at www.healthnotdiets.com
(Dietitian Workshops)

Places are limited so get in quickly!



Program Day 1

9am	Health at Every Size ® paradigm Weight bias and weight stigma Non-diet approach research
11am	Delicious morning tea
11.20am	Core practice principles and strategies, part 1
1pm	Scrumptious lunch
1.30pm	Core practice principles and strategies, part 2 Putting it all together (group directed): <ul style="list-style-type: none">• Nutrition Care Process• IDNT/NCPT and PESS statements• Reflection, discussion
4.30pm	Finish

Program Day 2

9am	Evidence update
11am	Delectable morning tea
11.20am	Effective HAES communication <ul style="list-style-type: none">• Frameworks• Strategies
1pm	Delicious lunch
1.30pm	Developing your communication plan Discussion <ul style="list-style-type: none">▪ Problem solving▪ Sharing successes▪ Participant case study
4pm	Finish

2018 Dates & Venues

Adelaide
June 27th & 28th
Venue TBA

Sydney
October 15th & 16th
Fuller Room, Crows Nest
Centre

Melbourne
October 17th & 18th
The Abbotsford Convent

Brisbane
November 19th & 20th
Soul Space, Newmarket

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About the presenters:

Fiona Willer, AdvAPD, is the author of 'The Non-Diet Approach Guidebook for Dietitians', and co-author of 'The Non-Diet Approach Guidebook for Psychologists and Counsellors'. Her business, *Health, Not Diets*, provides online and face-to-face training and workshops for health professionals in the non-diet approach. Her background includes clinical dietetics, private practice and university lecturing in nutrition and dietetics. Fiona is currently conducting PhD research into HAES ® use in dietetics. As an advocacy leader in this field, she represented Australia in contributing to the HAES graduate curriculum for the Association for Size Diversity and Health (ASDAH), and has been an invited speaker at DAA, SDA, ANZAED, DC events and presented at a variety of academic conferences. Fiona is a proud member of the DAA, current Vice-President International of ASDAH, and executive member of HAES Australia.



Fiona Sutherland, APD, SDA, is Director of The Mindful Dietitian & Body Positive Australia and has been practising for 15 years primarily in the areas of eating behaviour, eating disorders, body image, sports nutrition & education/training. Fiona is currently Nutrition Consultant at The Australian Ballet School & Racing Victoria's Jockey Apprenticeship Program. More recently, Fiona has developed a passion for mindfulness practice, with a particular emphasis on mindful eating and the intersection of food environment, eating psychology and body image. She has trained in MBSR (Mindfulness Based Stress Reduction) and MB-EAT (Mindfulness Based Eating Awareness Training). Fiona is guest lecturer within Deakin University Dietetics course within the areas of eating behaviour, counselling skills and the Non-Diet Approach.

**Health, Not Diets is a recognised provider of employment-related training so our professional development workshops are GST-free.
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