

Eating disorders: Professional offerings



At Eating Disorders Victoria, we're passionate about ensuring that Victorians affected by eating disorders get the best possible care.

Our Education offerings make it easy for you to be up to date, skilled and supported at work.

Body Peace Workplaces

Did you know 65% of people with an eating disorder are of working age?

Our workplace wellbeing program helps you support staff against the workplace psychosocial risks of body dissatisfaction and eating disorders.

Tailored education, management support and office collateral will help you create a Body Peace Workplace for all.



Body Project Australia

Challenging the appearance ideal for young people with body image concerns is a key early intervention against eating disorders.

Become an accredited Body Project Australia facilitator, an evidence-based program delivered to young women worldwide.

This 'train the trainer' package gives you the full syllabus and confidence to run the program.

Ideal for psychologists, dietitians, mental health workers, community and peer workers, nurses, council leaders, youth workers and school staff.

LearnED

Our free e-learning platform with a range of courses for consumers, carers and professionals.

Courses include Pathways to Parenthood, Navigating Longstanding Eating Disorders, Menopause and Eating Disorders, and more.

Eating Disorders 101

A 90-minute workshop on foundational knowledge about eating disorders, including:

- Overview of diagnoses, risk factors and signs
- Role of body image, dieting and media
- Protective factors
- Early intervention
- Support options and resources

Stories of Recovery

Hear from someone who has recovered from an eating disorder. Suitable for your trainings, webinars, events, hospital visits, co-design projects or content reviews.

Eating disorders in the peer space

A 4-hour workshop for the peer workforce, designed to explore considerations for working alongside people impacted by eating disorders – firsthand or as a carer. We cover:

- Understanding eating disorders
- Role of body image, dieting and media
- Overview of treatment pathways in Victoria
- Supporting someone with an eating disorder
- Intentional peer support principles
- Lived experience Story of Recovery

Who we are

Established in 1983, Eating Disorders Victoria (EDV) is the leading community organisation helping Victorians understand and recover from eating disorders.

Our services are available state-wide to support the 334,000+ Victorians with eating disorders, as well as their carers and health professionals.

We're with you every step of the way. From discovery, to recovery.

Find out more about our support services by visiting our website or following the QR code below:

