



The Greenane Centre

Promoting Therapeutic Excellence Through Specialised CPD

Specialist Diploma in Eating Disorders



STUDENT HANDBOOK

November 2023



Bord Altranais agus
Cnáimhseachais na hÉireann
Nursing and Midwifery Board
of Ireland

Greenane, Tipperary Town, E34 CX13
www.greenane.ie



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Dear Student,

I am delighted to welcome you onto our Specialist Diploma In Eating Disorders. Therapeutic work with clients affected by an Eating Disorder is an expanding and specialist area of practice. An informed, holistic, and evidence-based approach to therapeutic work with this client group can substantially improve clinical outcomes and promote sustainable recovery. Our IACP CPD Approved and Recognised Specialist Diploma in Eating Disorders will present a holistic, evidence-based exploration of eating disorders and equip participants with the knowledge, skills and competencies to identify, support and engage therapeutically with clients who present with an eating disorder from an integrative framework.

Our training programme is unique in that it is a practical skills-based training with a strong theoretical foundation underpinned by the principals of best practices and the expressed wishes of those effected by an Eating Disorder – expertise and consistency, appropriate and individualised treatment and time to enable recovery (ED Services; HSE Model of Care 2018).

Please study this handbook before Programme Orientation on Thursday 9th November 2023.

Your Programme Handbook includes:

- Learning Outcomes
- Attendance Requirements
- Contact Details
- Student Portal
- WhatsApp Group
- Timetable
- Recommended Reading
- Assessments
- Submission Dates
- Assignment Format
- Assignment Briefs
- Student Feedback Criteria
- Zoom Classroom Etiquette

You may contact me with any concerns or academic queries throughout your training at liz@greenane.ie or by calling the office on 085 8006683.

I hope you will enjoy your training experience with The Greenane Centre.

Kind Regards,

Programme Director



Learning Outcomes

Our Specialist Diploma in Eating Disorders will enable participants to apply theory to practice, with a strong focus on a holistic and integrative framework. This programme is underpinned by evidenced practices ensuring safe, ethical and holistic therapeutic interventions in line with national and international guidelines.

- Demonstrate a sound understanding and appreciation of the different presentations of eating disorders and associated symptoms.
- Develop a strong evidence based theoretical lens specific to Eating Disorders.
- Understand the complexity of relationships with food through physiology, neuroscience and psychology.
- Appreciate professionals' and carers' responses and reactions to people with eating disorders and the impact of same in building, maintaining and sustaining a supportive therapeutic and recovery focused alliance.
- Understand the importance of nutrients and how these are essential for recovery from an eating disorder.
- Develop the skills, tools and techniques to implement an integrative therapeutic framework, incorporating creative and expressive techniques.
- Demonstrate an understanding of managing and working with risk in the context of eating disorders and the importance of a multidisciplinary approach.

Attendance Requirements

90% Attendance is required to achieve certification.

If for any reason you are unable to present for class, please email admin@greenane.ie and ensure that you state the title of the programme you are undertaking.



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Contact Details

Liz Quish - Clinical and Training Director - liz@greenane.ie

Do not hesitate to contact me should you have any academic queries or concerns.

Paul Quish – Administration, IT & Accounts - admin@greenane.ie

Contact Paul should you have any queries regarding administration, accounts, or your Portal.

Please ensure you state the title of the programme you are undertaking when emailing.

Student Portal

All Zoom classes will be recorded, you may watch back recordings on your student portal in your own time to consolidate your learning. You can download all PowerPoint presentations and notes from your student portal. Class recording are not available for download to preserve participants confidentiality. Please note that all learning materials are for your own use only and may not be redistributed to third parties. Students are not permitted to share their student portal login or share access to recordings with third parties. This will be viewed as a serious breach of confidentiality. Access to the Student Portal will close on September 1st 2024.

WhatsApp Group

To connect and link-in with each other outside of class, the setting up of a WhatsApp Group is recommended. This group will be for students only. If you would like to be the administrator of this group, please email admin@greenane.ie. We will forward your email address to all participants who will contact you with their phone number.



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Timetable:

Class Time 10am – 4pm

The Greenane Centre makes every effort to avoid altering course timetable. However, should any changes be necessary, you will be notified at the earliest opportunity.

ORIENTATION

Tuesday 9th November 2023 Zoom
7:30pm – 9:30pm

Facilitators: **Liz Quish**
Fierna Kennedy

AETIOLOGY AND DESCRIPTION

Friday 10th November 2023 Zoom
Saturday 11th November 2023 Zoom
Sunday 12th November 2023 Zoom

Facilitator: **Fierna Kennedy**

THEORETICAL MODELS

Friday 8th December 2023 Zoom
Saturday 9th December 2023 Zoom
Sunday 10th December 2023 Zoom

Facilitator: **Fierna Kennedy**

BODY IMAGE AND EATING DISORDERS

Saturday 20th January 2024 The Greenane Centre
Sunday 21st January 2024 The Greenane Centre

Facilitator: **Fierna Kennedy**

TUTORIAL

Tuesday 13th February 2024 Zoom
7:30pm – 9:30pm

Facilitator: **Liz Quish**

NUTRITIONAL INTERVENTION AND MEDICAL IMPLICATIONS

Saturday 17th February 2024 Zoom
Sunday 18th February 2024 Zoom

Facilitators: **Fierna Kennedy**
Anna McEhinney



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PSYCHOTHERAPEUTIC INTERVENTIONS – PHASE 1

Saturday 23rd March 2024

Zoom

Sunday 24th March 2024

Zoom

Saturday 6th April 2024

The Greenane Centre

Facilitator: **Fierna Kennedy**

PSYCHOTHERAPEUTIC INTERVENTIONS – PHASE 2

Friday 26th April 2024

The Greenane Centre

Saturday 27th April 2024

The Greenane Centre

Facilitator: **Fierna Kennedy**

CREATIVE INTERVENTIONS

Friday 24th May 2024

The Greenane Centre

Saturday 25th May 2024

The Greenane Centre

Sunday 26th May 2024

The Greenane Centre

Facilitator: **Fierna Kennedy**

PROGRAMME CLOSING

Tuesday 28th May 2024,
7:30pm – 9:30pm

Zoom

Facilitator: **Liz Quish**



Recommended Reading

Effective Clinical Practice in the Treatment of Eating Disorders, The Heart of the Matter.

Margo Maine, William N Davies and Jane Shure.

Trauma-Informed Approaches to Eating Disorders.

Andrew Seubert and Pam Virdi.

Working with People Affected by Eating Disorders and Facultative Recovery.

Jean Morrissey and Kielty Oberlin.

8 Keys of Recovery from an Eating Disorder.

Carolyn Costin and Gwen Schubert Grabb (this book can be used by clients and therapists).

An Internal Family Systems Guide to Recovery From Eating Disorder: Healing Part by Part.

Amy Yandel Grabowski (this book can be used by clients and therapist).

Loving Someone with an Eating Disorder.

Dana Harron. (An adult orientated book for partners/spouses).

Embodiment and the Treatment of Eating Disorders: The Body as a Resource in Recovery.

Catherine Cook-Cottone.

The Golden Cage.

Hilde Bruch.

Therapy for Eating Disorders: Theory, Research & Practice (Therapy in Practice).

Sara Gilbert.

Therapists Guide to treating Eating Disorders in a social media age.

Shauna Frisbie.

New to Eating Disorders.

Jane Morris.

The Treatment of Eating Disorders: A Clinical Handbook Illustrated Edition.

Carlos M. Grilo, James E. Mitchell.

Unpack your eating disorder.

Marcia Ganci

The Eating Disorder Sourcebook.

Carilyn Costin.



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Surviving an Eating Disorder – Strategies for Family and Friends.

Siegel, Brisman & Weinshel.

Eating by the light of the Moon.

Anitia Johnson.

Ending the Diet Mindset: Reclaim a Healthy and Balanced Relationship with Food and Body Image.

Becca Clegg.

Attachment, Relationships and Food – From Cradle to Kitchen.

Linda Cundy.

Addicted to Energy Deficit - Your Neuroscience Based Guide to Restrictive Eating Disorders.

Helly Barnes.

If you wish to do your book review on a text that is not outlined on the recommended reading list, please email your request to liz@greenane.ie for approval.

Please include:

- Text Title
- Author
- Publisher
- Year of Publication



Assessments

Written assessments are graded as Successful or Resubmission.

- Reflective Learning Journal of 2000 words
- Book Review 1500 Words

Submission Dates

Submitted through your student portal in word format.

- Reflective Journal – 30th June 2024
- Book Review – 30th June 2024

Assignment Format

- Reference APA or Harvard
- Word counts + / - 10% of overall word count
- References/ quotes are included in word count
- References/ quotes are not required for book review (individual choice)
- References/ quotes are not required for journals (individual choice)
- Each assignment must have a cover page as per briefs



Assignment Brief:

Book Review

Word Count: 1,500

Cover Page:

- Book Review
- Book Title and Author
- Presented By: Your Name
- Word Count

Assignment Presentation:

- Font Times New Roman
- Font Size 12
- 1.5 Line Spacing
- Headings Font size 14

A well-structured book review contains a heading, an introduction, a summary of the main points or chapters, a critical analysis, an evaluation, and a conclusion. A critical book review is a thoughtful discussion of a text's contents, strengths, and limitations.

Guidelines:

Heading: Not part of Word Count

Book title, author's name, place of publication, publisher name, publication date and the number of pages.

Introduction: 225 Words Approx.

In the introduction, introduce the book conveying what the book is about.

Summary 450 Words Approx.

In this section of the review, provide an outline of the main themes, principles or concepts presented in the text.

Evaluation 700 Words Approx.

Offer a critical review of the text and the ideas presented in it. What stood out for you? How will this text inform your practice? Give your initial appraisal of the work, include your key observation on the text mentioning strength and weaknesses.

Conclusion 125 Words Approx.

Would you recommend this book? Indicate whether you feel the book is worthwhile. Is the book outstanding? Will it make a lasting contribution to its field, or is it less satisfactory? Give a star rating out of 5 – 5 being excellent.



Book Review – Student Feedback

	Yes	No
Word Count Achieved +/- 10%		
Section 1 - Heading:		
Authors name		
Place of publication		
Publisher name		
Publication date		
Number of pages		
Section 2 - Introduction:		
Clear, concise, and well-defined introduction presented		
Comment:		
Section 3 - Summary		
Clear and coherent summary of the main themes, principles or concepts presented		
Comment		
Section 4 - Evaluation		
A critical review of the text and the ideas presented		
Comment		
Section 5 - Conclusion		
Well defined closing comment		
Recommended		
Star Rating		
Overall Comment:		



Assignment Brief: Reflective Journal Word Count: 2000

Cover Page:

- Reflective Journal
- Presented By: Your Name
- Word Count

Assignment Presentation:

- Font Times New Roman
- Font Size 12
- 1.5 Line Spacing
- Headings Font size 14

A reflective journal is not simply a summary of the course material; it should include your reactions to what you've learnt, its personal impact on you, and how you will apply the theories, concepts and skills presented in your practice.

Guidelines:

- Present an introduction outlining the main reflection points presented in your journal.
- What was the most interesting for you? why was that?
- What was your main learning?
- How will you apply this learning in your clinical work?
- What are your ideas for action, based on your new learning and awareness?
- What did you discover about yourself as a result of completing this programme?

You are not required to use references in this piece of work, however if you feel references will enhance your journal you are free to add quotes and reference points.



Reflective Journal – Student Feedback

	Yes	No
Word count achieved +/- 10%		
Section 1 - Introduction:		
Clear and concise introduction presented		
Comment:		
Section 2 – Main Body 1		
Most interesting element outlined and discussed		
Comment:		
Section 3 – Main Body 2		
Main learning points identified		
Comment:		
Section 4 – Main Body 3		
Discussion on application of new learning to clinical work		
Comment:		
Section 5 – Main Body 4		
Action Points Outlined		
Self-Discovery		
Professional Implications		
Overall Comment		



Zoom Classroom Etiquette

- Log into your class **on time** and from a **distraction-free, quiet, and confidential space**.
- Return from breaks at the designated time.
- Please keep your audio on mute until you want to speak. This will help to limit background noise.
- If you would like to use the chat box, remember that it is public to all group participants, however you may send private chat.
- Keep paper and a pen handy to take notes.
- Make sure your video is on so the facilitator and your peers can see you.
- Be mindful of your background lighting. If you are sitting with your back to a window, you may be silhouetted by the light coming through. Your overhead light might also need to be adjusted for the best image quality.
- Remember to sign out or “leave the meeting” when the class is finished.
- If you need a drink or snack, please go off camera and continue to participate with just audio.
- **If you need to leave class for any reason, please let your facilitator know by sending a private message on Zoom Chat.**

If you are unable to attend class, please email admin@greenane.ie and indicate the programme you are undertaking.