Role
Description

Consultant Dietitian

Butterfly
Foundation for Eating Disorders
MISSION STATEMENT

The Butterfly Foundation (Butterfly) is Australia’s largest not for profit organisation dedicated to supporting people with eating disorders and negative body image and the people who care for them.

VISION

To live in a world that celebrates health, well-being & diversity.

MISSION

The Butterfly Foundation is dedicated to bringing about change to the culture, policy and practice in the prevention, treatment and support of those affected by eating disorders and negative body image.

OBJECTIVES

– Promote positive body image and associated healthy behaviours;
– Encourage hope and help-seeking through education and awareness;
– Advocate excellence and consistency in the culture of care and support for people with eating disorders and encourage a better understanding of the complexities of eating disorders and the need for a compassionate, flexible and holistic response;
– Educate and connect the community, health providers, government and other agencies to assist in excellence and consistency in the culture of care;
– Facilitate the development of effective models of prevention and care for people at risk of or with eating disorders;
– Operate a financially sustainable national foundation for future generations;
– Increase access for all sufferers and carers in Australia to effective treatment and support.
– Ensure that everyone in the Butterfly team feels recognised for their skills and experience, are fully engaged and supported in making their contributions and that the organisation is providing opportunities for professional growth and development.
1. Purpose of the Role
The contractor will be engaged in the role of Consultant Dietitian on a sessional basis.

The purpose of this role is to provide dietetics and nutrition services to Butterfly Treatment Programs participants and staff. The dietitian’s role in the program is to provide direct support, information and advice to clients and their carers around nutrition, meal planning and medical risks. The role also acts as a team resource, providing support, advice and education to the clinical team with regards to individual clients or more broadly about dietetics/nutrition approaches.

The dietitian will advise, counsel and educate clients and carers on an individual or group basis, and will provide strategies to help patients develop healthy living practices, reduce disordered eating, and move towards healthy, mindful, intuitive, flexible and relaxed eating practices.

The dietitian will ensure all approaches and activities are kept in line with the philosophy and approach of the Butterfly outpatient programs.

The Consultant Dietitian reports to the Lead Therapist.

Overview of Butterfly’s Outpatient Treatment Programs

The Butterfly Foundation is committed to providing high quality evidence-based support and counselling to anyone who is affected by eating disorders and body image issues and those who care for them.

The Butterfly Foundation’s outpatient treatment programs represent a different approach to eating disorder treatment in Australia. Their unique approach includes:

- Belief that eating and exercise disorders are illnesses which, when treated correctly, can result in full recovery, where the individual can resume a normal healthy relationship with food and activity.
- Being able and willing to practise ‘truth without judgement’ - i.e. being honest with clients and challenging them without any negativity or judgment.
- Belief that, in healing eating and exercise disorders, we must engender purpose and meaning in our clients’ lives.
- Belief that focusing on eradicating the disorder is not enough. We must help clients find things to replace the disorder, motivating them to get better in order to enjoy what life has to offer.
- Being able and willing to ‘bring oneself’ openly and flexibly to the therapy room.

There are two Butterfly outpatient treatment programs at Butterfly House, Crows Nest.

**Butterfly’s Intensive Outpatient Program (IOP)** - Butterfly’s IOP is a treatment program inspired by the work of Carolyn Costin and combines elements of a variety of evidenced based treatment approaches including CBT, DBT, IPT, ACT and MI. The program has been developed as an adjunct to individual therapy for individuals in need of extra support with their eating disorder. It is also suitable for those who have recently been discharged from an inpatient or day program. The IOP aims to empower each person’s healthy self and instil a strong belief in the hope of recovery. The IOP runs outside of office hours to accommodate clients who work or study.

**Butterfly’s Outpatient Program for Young People** – Butterfly’s Youth Program has been designed for 14 to 24 year olds who have the early signs and symptoms of an eating disorder and/or disordered eating. It is a 10-week group therapy treatment program that addresses core psychological and physiological factors of an eating disorder. The primary treatment approach is CBT-E, as developed by Christopher Fairburn.

The team comprises the Operations Manager, Lead Therapist, and two to three therapists. It is supported by consultants in relevant specialist disciplines including dietetics. The team has responsibility for delivering the Butterfly IOP and Youth Program and, in doing so, to create a safe, supportive and recovery-focused
environment for people experiencing an eating disorder and their loved ones, in order to empower them to work towards recovery. The team is responsible for providing meal support, group therapy and psycho-education and for ensuring that all clients are effectively care managed by professionals in the community and for imparting relevant information pertaining to eating disorders and issues relating to disordered eating, body image and other relevant concerns. This includes being able to offer appropriate referrals when necessary.

2. Accountabilities & Responsibilities

The key responsibilities of this position are:

- Complete dietetic assessments of new referrals to the programs.
- Liaise with Lead Therapist regarding prospective client suitability and liaise directly with external treatment providers as appropriate, and emergency services if required.
- Act as a resource person on dietetics/nutrition advice.
- As required, provide dietetic therapy, general information about eating disorders and advice or counselling in a group setting.
- Maintain high quality and timely documentation in client records, whether paper-based or enabled by information technology.
- Attend and actively contribute to team meetings; participate in training, informal and formal, and maintain currency of professional knowledge and skills through continuing professional development.

3. Selection Criteria

The contractor will need to be able to demonstrate the essential qualifications, skills and knowledge listed below. In addition, the desirable skills, knowledge and experience listed will be beneficial to success in this role.

Essential

- Current membership with the Dietitians Association of Australia with Accredited Practising Dietitian (APD) status. Professional membership and APD status must be maintained throughout the duration of employment.
- Direct experience of working with people, in particular adolescents and young adults, with an eating disorder and/or other mental disorder.
- A sound understanding of eating disorders and disordered eating, body image and related issues (including comorbidities) and of their impact both on the individual experiencing the issue and on their families, friends, partners and other carers.
- A capacity and willingness to work within the programs philosophies, combining concepts from different theoretical models and applying them adaptively and flexibly.
- Ability to eat in a healthy, relaxed, flexible manner in the company of others, and to model an appropriate relationship with food.
- A good understanding of ethical and best practice principles for the treatment, counselling and support of people with eating disorders. Also a clear understanding of professional boundaries, confidentiality and privacy principles and practices.
- Demonstrated ability to be a team player, developing and maintaining effective and harmonious working relationships with colleagues.
• Ability to adapt to changing circumstances and to respond quickly and competently in the event of a crisis contact (e.g. suicide ideation, self-harm, medical emergency).

Desirable
• Experience in a similar not-for-profit or charitable NGO environment.
• Experience in working in providing interventions in a group context.
• Flexibility to adjust to changing circumstances.
• Willingness to go the extra mile.
• Driven to continually extend own learning and development.
• The desire to make a difference.

4. Other Requirements
At all times:
• Conduct yourself in a professional manner.
• Strive to act in accordance with the vision, mission and objectives of Butterfly and to do all possible to assist Butterfly in achieving its aims.
• Follow Butterfly’s policies and procedures.
• Follow/participate in occupational health and safety measures.
• Act considerately around the workplace and have regard for the well-being of others including staff, contractors, volunteers and our service users.
• Appointment to this role requires proof of qualification and may also require registration or membership with the appropriate registration authority and / or association. Certified copies of the required information must be provided to HR prior to commencement of clinical duties.

Values
All staff should be aware of and actively uphold the Butterfly values:
• Compassion
• Commitment
• Collaboration
• Initiative
• Excellence
• Integrity