

# MONDAY 1ST

## 11AM: WEIGHT STIGMA



**NAT SCALES**  
**EATING DISORDERS**  
**PRACTITIONER**  
**EATING DISORDERS QLD**

Nat is a practitioner in the Individual Clinical stream of EDO's services, (Masters of Counselling), who has been working as a counsellor and case worker for over 10 years in the areas of homelessness, mental health, women's services and eating issues. She also is a qualified yoga teacher for both adults and kids.

Nat sees her work as an exploration with people to enquire and find healing, freedom and contentment in their lives. She works from a range of approaches and values the therapeutic relationship as restorative and a place for change.



**JANET LOWNDES**  
**DIRECTOR/ PRINCIPAL**  
**PSYCHOLOGIST**  
**MIND BODY WELL,**  
**MELBOURNE**

Janet Lowndes is the Director and Principal Psychologist at Mind Body Well, a private practice in Melbourne providing outpatient therapies for people with Eating Disorders and concerns about eating behaviours, body image and wellbeing - from a Non-Diet, Health at Every Size® perspective. Janet has experience assisting clients across the weight spectrum, and she is an advocate for weight inclusive approaches which focus on the whole person.

As a Steering Committee member of Health at Every Size® Australia, Janet is committed to social justice perspectives which empower those seeking treatment, and aim to address inequalities and barriers to care.

Janet's approach is one which emphasises wellbeing rather than weight, focussing on healthy processes or lifestyle change, rather than being preoccupied with outcomes such as size or weight.

Contact: [www.mindbodywell.com.au](http://www.mindbodywell.com.au)  
Instagram: [mind\\_body\\_well](https://www.instagram.com/mind_body_well)

# TUESDAY 2ND

## 1PM: CONNECT WITH EDQ



**CHRISTOPHE LANGLASSE**  
**EATING DISORDERS**  
**PRACTITIONER**  
**EATING DISORDERS QLD**

Christophe is an accredited mental health social worker with AASW and a practitioner in the Individual Clinical stream of EDQ's services.

Christophe is experienced in working with a diverse range of client backgrounds and is committed to reducing the stigma and shame associated with eating disorders. Christophe is particularly passionate about mental health recovery, believing that hope and recovery is possible despite the sometimes-overwhelming nature of illness.

Christophe's aim in practice is to make those who seek the service feel comfortable, listened to, and hopeful for the future so that a purposeful, therapeutic relationship can take place.



**MELISSA CHERAS**  
**CARER COACH**  
**EATING DISORDERS QLD**

Melissa is a registered Psychologist with the Psychology Board of Australia and is an Associate Member of the Australian Psychological Society.

Melissa's approach is strengths based and person centered and she brings warmth and empathy to her work. Melissa values that people are the experts in their own lives and aims to collaboratively work with family members and carers to provide the skills and knowledge they desire to support their loved ones.

Melissa is passionate about empowering family members and other key support people and has seen the positive impacts this can have on enhancing the recovery journey of individuals living with eating issues and other mental health issues.

# WEDNESDAY 3RD

## 2PM: RECOVERY THROUGH CONNECTED EATING



**AMBER DWINELL**  
**EATING DISORDERS**  
**PRACTITIONER**  
**EATING DISORDERS QLD**

Amber is a registered provisional psychologist with AHPRA and holds a Bachelor of Psychological Science with Honours.

Whilst working at EDQ, Amber has supported clients through one-on-one meal support sessions. She endeavors to create safe pre and post meal environments by working with clients to develop their own tools to manage meal distress.

Amber is passionate about creating a safe space for sharing by building a strong sense of connection and trust. She utilises a strengths and values based approach to support and empower clients. Amber recognizes that whilst individual recovery journeys are different, recovery is always possible.



**DAVID LANGFORD**  
**EATING DISORDERS**  
**PRACTITIONER**  
**EATING DISORDERS QLD**

David is an accredited social worker with the Australian Association of Social Workers and a practitioner in the Individual Clinical stream of EDQ's services.

David works with clients in both individual counselling and group settings. Over the past two years, David has taken a key role in the development, delivery, and subsequent evaluations of EDQ's meal support group program 'The Community Table'.

David is passionate about mental health recovery and believes that recovery is possible, even though at times the challenges of recovery may feel overwhelming. He uses connection and story sharing to reduce the impact of isolation, shame, and stigma that may be associated with experiencing mental health concerns, including eating issues.

David's work is grounded in a strengths-based and person-centred approach, which is underpinned by a Feminist perspective. This foundation honours the individual's strengths and acknowledges the effects of power, with the aim of empowering the individual to make change.



# THURSDAY 4TH

## 11AM: RESIDENTIAL TREATMENT - A FIRST FOR AUSTRALIA



**BELINDA CHELIUS**  
**GENERAL MANAGER**  
**EATING DISORDERS QLD**

Belinda is a skilled, dedicated, culturally sensitive and passionate feminist Senior Social Work Clinician, who holds a BA (Health Sc & Soc. Services), MSocWK degree. Belinda is experienced in leading teams in complex areas, as well as navigating ethical and service delivery issues in a proactive and creative way within the boundaries of service and funding agreements and AASW practice standards.

A natural progression of her career has been to move into a broader systems reform practice, pinpointing service delivery gaps for clients and implementing reform initiatives. She has achieved this due to a strong natural ability to connect with various inter-disciplinary sectors and has developed substantial interagency connections with links across the NGO sector, public mental health sector and primary health care.



**KEVIN BARROW**  
**CEO**  
**BUTTERFLY FOUNDATION**

As CEO of Australia's national peak body for eating disorders and negative body image, Kevin is passionate about representing our community of consumers and carers and providing a platform for those with lived experience to share their stories. He sees his role as advocating on behalf of the one million Australians or more with an eating disorder, their carers and families, and driving the change we need to better support them. This includes evidence-based prevention, early intervention, and treatment services, developing and consistently reviewing benchmark standards of care to deliver the best possible solutions.

Kevin has more than 20 years of experience in the healthcare industry. Most recently, as Country Manager for Philips Australia and New Zealand, Kevin oversaw all Philips' businesses and it's supporting operations across Australia and New Zealand. He was also the direct General Manager for Healthcare where he was responsible for strengthening Philips' market positions across the company's broad healthcare offerings.

Instagram: [thebutterflyfoundation](https://www.instagram.com/thebutterflyfoundation)

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# THURSDAY 4TH

## 3PM: RECOVERY THROUGH COUNSELLING



**EMILY STANLEY**  
**SENIOR PRACTITIONER**  
**EATING DISORDERS QLD**

Emily is one of the senior practitioners at EDQ. She completed her Masters of Counselling at UQ and her undergrad was in International Peace and Conflict Analysis and Indigenous Studies, also at UQ. From a young age and influenced by her family, Emily developed a passion and interest in social justice and equality and is dedicated to promoting a safe, joyful and inclusive community for all- no joke, she started writing letters to the editor at age 10!

Emily started working with EDQ in 2017 and loves working for an organization that is not only committed to offering quality services, but that allows space for innovation, creativity and fun. Emily works from a holistic and eclectic framework which is client-centred and client-driven. Sessions are approached collaboratively with clients- acknowledging and integrating their existing wisdom, insight and expertise. She loves learning about new and emerging approaches to supporting those in recovery from an Eating Disorder. Emily is partial to a silly hat or costume and they sometimes make their way into the therapeutic setting.



**EMMA TRAPPETT**  
**SENIOR PRACTITIONER**  
**EATING DISORDERS QLD**

Emma is a registered psychologist with AHPRA and holds a Bachelor of Psychological Science. Emma started her career working as a support counsellor in eating disorders for families and carers and Emma has continued to work with eating issues in youth support and private practice alongside anxiety, depression, complex trauma, autism etc.

Emma is passionate about increasing awareness and understanding that any individual can experience an eating issue. Emma believes recovery from an eating disorder is possible and hopes to see increasing access to eating disorder services. She further hopes to be a part of reducing shame, isolation and stigma that surrounds eating issues and mental health and help individuals create a positive, compassionate relationship with their body, mind and whole self.

Emma's framework is collaborative, strengths-based and person-centred. Emma's goal is to help each individual feel safe and supported on their recovery journey.

# FRIDAY 5TH

## 11AM: RECOVERY IS POSSIBLE - THE INDIVIDUAL EXPERIENCE



Chloe is a 24 year old with a mental health lived experience of anorexia and other mental health difficulties.

After 15 years of battling, Chloe has now been in recovery for going on 5 years. She is currently at university studying to become a mental health nurse and loving life.

Email: [chloebochow@gmail.com](mailto:chloebochow@gmail.com)

Instagram: [@chloebochow](https://www.instagram.com/chloebochow)

**CHLOE BOCHOW  
LIVED EXPERIENCE OF  
EATING DISORDER RECOVERY**



**LISA KELLY  
EATING DISORDERS  
PRACTITIONER  
EATING DISORDERS QLD**

Lisa has a lived experience of eating issues and trauma, and holds knowledge and understanding around the difficulties associated with the journey towards recovery. Since having overcome these experiences she has volunteered as a mentor, recovery group facilitator and speaker within the Eating Disorders Qld space for many years. Alongside this experience, Lisa holds an undergraduate degree in Psychology and a Masters in Social Work.

One of EDQ's most important values is that recovery is possible and Lisa is committed to empowering those in recovery by providing non-judgemental, compassionate support to break the shame and stigmas associated with having an eating disorder. Lisa values all individuals as experts of their own experience and seeks to reduce the isolation that is a key issue in the eating issues community.

Lisa runs EDQ's Peer Support Group, which seeks to complement other therapies and offer a safe, compassionate space to connect with a peer who understands the struggle involved with overcoming an eating disorder. A life that isn't dictated by an eating disorder is possible and Lisa is passionate about supporting individuals on their journey to recovery.

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# FRIDAY 5TH

## 6PM: RECOVERY IS POSSIBLE - THE CARER EXPERIENCE



**MARY-ANN KISSANE**  
**CARER COACH**  
**EATING DISORDERS QLD**

Mary-Ann has a Bachelor of Applied Social Science (Counselling) and works as a Carer and Family Coach at EDQ.

Mary-Ann has worked in the field of eating disorders for 6 years including short term support and group facilitation for people with eating disorders as well as carers, families and friends. For the past two years, Mary-Ann has supported carers individually and in a group setting, to help them improve their understanding of eating disorders and ways they can support their loved one.

Mary-Ann's work is informed by Professor Janet Treasure's work, and she is passionate about helping families work towards a collaborative approach to recovery. Mary-Ann particularly enjoys facilitating the Fostering Recovery workshop.



**MARC BRYANT**  
**LIVED EXPERIENCE**  
**AS A CARER**

Between 2010 - 2016 Marc's daughter battled with anorexia nervosa, for which he was a co-carer. This period included three hospitalisations, multiple therapy protocols and an extended Maudsley treatment via Kids In Mind.

After several years he became the primary carer and focus of his daughter's recovery which included meal support, monitoring, educational support, meal preparation and attended all therapy or related activities.

Following his daughter's recovery he joined the Board of Management for Eating Disorders Queensland and in 2019 became a member of the Eating Disorders Advisory Group for Qld Health, Queensland Government.

Marc continues to be a strong advocate for carers for loved ones living with an eating disorder.