

FIRST BITE: An Introduction to Eating Disorders

DATE: 5 MAY 2018

TIME: 1:00PM TO 5 PM

VENUE: NATIONAL YOUTH SPORTS INSTITUTE (NYSI) SATELLITE@KALLANG (NEXT TO KALLANG THEATRE)

1 STADIUM WALK, SINGAPORE 397688

PROGRAMME

1:00 PM - REGISTRATION AND LUNCH

2:00 PM - EATING DISORDERS - THE MEDICAL BITS

BY DR. LEE EE LIAN

SENIOR CONSULTANT & PSYCHIATRIST

2:45 PM - THE BARE BONES OF MNT IN EATING DISORDERS

BY YIH SHIAN GOH-POREMSKI

DIETITIAN

3:30 PM - TEA BREAK

3:45 PM - FAMILY-BASED TREATMENT FOR EATING DISORDERS

BY LOO SOOK MING

SENIOR FAMILY THERAPIST

4:30 PM - QUESTION & ANSWER

REGISTRATION:

SNDA MEMBERS: FREE

NYSI MEMBERS: FREE

OTHERS: 30 SGD

ABOUT THE SPEAKERS



**DR. LEE EE LIAN,
SENIOR CONSULTANT & PSYCHIATRIST
MBBS, MMED(PSYCHIATRY), FAMS**

Dr. Lee founded the Eating Disorders Programme at the Singapore General Hospital (SGH), of which she was the previous Director. She was also the former Clinical Director of the SGH LIFE Centre, where she is currently still practicing at as a Visiting Consultant. Apart from Eating Disorders, Dr. Lee's other areas of interest are Mood Disorders and General Psychiatry. She is a member of the Singapore Medical Association, Singapore Psychiatric Association (Past President), ASEAN Federation for Psychiatry & Mental Health (Past President), and the Academy for Eating Disorders.

Everything you need to know as a practising Dietitian / Nutritionist - the diagnostic criteria of Eating Disorders (Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and others) to help early recognition and appropriate treatment, tell-tale physical signs and symptoms and medical complications (of the illnesses and refeeding).

**MS. YIH SHIAN GOH POREMSKI
DIETITIAN
BSC (HONS) NUTRITION & DIETETICS, MSC PSYCHIATRY**

Yih Shian's multi-disciplinary education allows her to approach the dietetic counselling of her clients in an optimal way to help integrate healthy eating behaviours. She has participated in several public health campaigns in Singapore. An avid health advocate, she approaches health and lifestyle issues with passion. Her aim is to motivate and assist individuals and communities to make important quality lifestyle decisions and behavioural changes that will last a life lifetime.

A comprehensive medical approach is necessary for the treatment of eating disorders. Medical nutrition therapy is widely recognised as an important component of recovery oriented care. Role a nutrition expert in the treatment of eating disorders, list the different aspects of medical nutrition therapy tailored to eating disorders (assessment and intervention), essential information that should be given to patients and useful tools to help a dietitian/nutritionist maximise the impact of medical nutrition therapy.

**MS. LOO SOOK MING
SENIOR FAMILY THERAPIST
MSC(FAMILY THERAPY),B.SOC.SCI(HONS)(SOCIAL WORK),B.A(PSYCHOLOGY&SOCIAL WORK)**

Sook Ming is a qualified family and systemic psychotherapist who counsels people with marital and interpersonal problems helps promotes social change, problem solving in human relationships and the empowerment and liberation of people to enhance well-being by utilising theories of human behaviour and social systems, to provide support to patients and their families who have difficulties coping with their emotional, psychological, social and care problems arising from ill health.

Family-Based Treatment (FBT), is currently considered the most effective treatment for adolescents under 19 years old diagnosed with Anorexia Nervosa. The difference between Family therapy (FT) and Family-based treatment (FBT), why parental involvement is crucial, the core principles of FBT, how to conduct it, limitations of FBT, explain why FBT approach does not usually involve a visit to a dietitian. Learn how FBT can empower the parents to bring about recovery in their eating disordered child.