

BRIDGING THE GAP: Dietitians and Psychologists in Eating Disorder Recovery

Understanding the Psychology of Eating Disorders

What Every Dietitian Should Know

Date: 12 November 2025 (Wednesday)

Time: 8:00 PM - 9:00 PM SGT

Venue: Online (Zoom)

1 CE credit

AGENDA

8:00 – 8:05 PM Welcome & Introduction

8:05 – 8:50 PM Lecture by Ong Yining

8:50 – 9:00 PM Q&A

REGISTER HERE

This webinar invites dietitians into the world of psychological treatment in ED care – to better understand how our colleagues work, and how we can collaborate more safely and effectively. With experience across both hospital and private sectors in Singapore, our speaker will share practical insights to help you feel more equipped in your role.

You'll learn about:

- Common therapeutic modalities (CBT, DBT, FBT).
- Local treatment pathways & referral systems.
- The psychologist's role in ED care.
- How dietitians contribute to safe, multidisciplinary recovery.



Ong Yining

Senior Clinical Psychologist

Better Life Psychological Services

Yining is a registered clinical psychologist with extensive experience in eating disorder treatment. She has worked across inpatient, outpatient, and community settings – including KK Women's & Children's Hospital – supporting children, teens, and adults with complex needs.

She uses evidence-based modalities such as CBT, DBT, and Family-Based Therapy (FBT), with a warm and collaborative approach that empowers clients to grow beyond symptom relief.

Register on the SNDA website by 10th Nov 2025, 11:59pm