



# CLSC LAC-SAINT-LOUIS

Eating Disorders Team

Nutritionist

Rita Vissani, B.Sc., N.Sc.

# Referrals from

- Eating Disorders Team (physician, nurse)
- Youth Clinic Team
- Services Courants Team

# Role of the nutritionist

- \* Nutritional consultant for the team
- \* Nutritional intervention for the individual, to reinforce a psycho-educational approach

## **Intervention:**

### **Psycho-educational approach by the nutritionist**

- ◆ Goal: to find and maintain a normal caloric intake and weight
- ◆ Treatment: individual
- ◆ Allotted time : can vary from a few weeks to more than one year ... according to the client's needs

# Nutritional counselling

- 1. First visit: nutritional evaluation**
- 2. Other visits - psycho-educational approach**

a) Body image

b) Weight monitoring

c) Theory of restriction

d) Theory of natural weight

e) Elements of digestive physiology

# Nutritional counselling

f) Compensatory behaviours and complications

g) Nutritional re-education - learning to eat and to develop healthy eating habits

h) Other themes - according to the client's needs