

Core professional competences for work with people with ED

- Ethical and legal issues**
 - Knowledge of, and ability to operate within, professional and ethical guidelines
 - Knowledge of, and ability to work with, issues of confidentiality and consent
 - Knowledge of, and ability to assess, capacity
- Professional skills and values**
 - Ability to work with difference
 - Ability to operate within and across organisations
- Ability to make use of supervision and training

Generic Therapeutic Competences

- Ability to foster and maintain a good therapeutic alliance & grasp the client's perspective and world view
- Ability to understand and respond to emotional content of sessions
- Ability to manage endings
- Ability to make use of measures (including monitoring of outcomes)

Knowledge of Eating Disorders

- Knowledge of feeding and ED presentations
- Knowledge of medical risks associated with ED
- Knowledge of evidence for ED interventions

Assessment, formulation & planning

- Assessment of ED
- Formulation and intervention planning
- Collaborative engagement of clients in an intervention plan

Interventions

- Competences required to deliver low intensity interventions
 - Guided self help
- Competences required to deliver a specific therapy model
 - CBT for people with eating disorders
 - MANTRA
 - Family interventions for adolescents
 - Focal Psychodynamic Therapy for ED
 - Specialist supportive clinical management for Anorexia
- Delivering interventions in a group format
- Adapting interventions for younger clients
- Involving family members/carers

Meta competences

Meta-competences