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Oifig an Stiúrthóir Náisiúnta Cúnta
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Deputy Marie Sherlock.
Dail Eireann,
Leinster House,
Kildare Street,
Dublin 2.

10th March 2025

PQ Number: 10128/25

PQ Question: To ask the Minister for Health if there is specialist training for all staff in in-patient psychiatric services in this country on the management and treatment of eating disorders; and if she will make a statement on the matter. -Marie Sherlock

Dear Deputy Sherlock

The Health Service Executive has been requested to reply directly to you in the context of the above Parliamentary Question, which you submitted to the Minister for Health for response. I have examined the matter and the following outlines the position.

In Ireland, several initiatives and training programs are available to equip in-patient psychiatric staff with specialized skills in managing and treating eating disorders:

HSE National Clinical Programme for Eating Disorders (NCP-ED): This collaborative initiative between the Health Service Executive (HSE), the College of Psychiatrists of Ireland, and Bodywhys—the national support group for people with eating disorders—aims to enhance the quality of care for individuals with eating disorders. The program focuses on evidence-based practices and interdisciplinary training, ensuring that healthcare professionals, including in-patient psychiatric staff, are well-equipped to handle these complex conditions.

Bodywhys Professional Training: Bodywhys offers Continuing Professional Development (CPD) training tailored for clinicians and allied health professionals. Their programs cover various aspects of working therapeutically with individuals affected by eating disorders, providing valuable insights and strategies for effective management. Bodywhys is funded by the HSE.

Specialist Diploma in Eating Disorders: The Irish Association for Counselling and Psychotherapy (IACP) provides a Specialist Diploma in Eating Disorders. This comprehensive program offers an evidence-based exploration of eating disorders, equipping participants with the knowledge, skills, and competencies necessary to identify, support, and engage therapeutically with clients presenting with these conditions.



Web-Centered Training in Enhanced Cognitive Behavioral Therapy (CBT-E): The HSE has developed a detailed, clinically-rich website for training therapists in delivering enhanced transdiagnostic CBT for eating disorders (CBT-E). This resource is designed to assist therapists in implementing CBT-E effectively, offering video-based modules and comprehensive guidance.

"Eating Disorders: A Guide for Nurses": This guide, available through the HSE's online learning platform HSeLand, provides evidence-based information to nurses. It aims to equip them with a holistic understanding of eating disorders, enabling them to assess, manage, and engage therapeutically with adults experiencing these conditions.

These programs and resources collectively contribute to the specialized training of in-patient psychiatric staff in Ireland, enhancing their capacity to manage and treat individuals with eating disorders effectively.

I trust this information is of assistance to you.

Yours Sincerely,

Tony McCusker
General Manager
Access and Integration; HSE Mental Health Services