

# Amelia Weddell

## Accredited Practicing Dietitian Credentialled Eating Disorder Clinician

Amelia aims to create a supportive environment when discussing food and body image, coming from a place of compassion and acceptance. Amelia takes into account the young person's whole lifestyle to make personalised dietary recommendations to boost mood, optimise wellbeing and help create sustainable habits.



### Amelia's specialty areas:

- Gut health: IBS, IBD, Coeliac disease
- Eating disorders/ disordered eating:
- Weight neutral dietary advice

### Dietetic sessions work through:

- Eating difficulties - Loss of appetite, binge eating, textural sensitivities, symptoms of starvation.
- Abdominal pain, bloating, constipation/ diarrhoea, nausea, reflux
- Weight changes
- Nutrient deficiencies
- Fatigue, lethargy, poor sleep
- Body image & dissatisfaction
- Nutrition education
- Meal planning, budgeting and cooking skills

LOW-NO COST  
consults at  
headspace!  
\$

headspace  
**Indooroopilly**

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**This is a low- no cost billing service:  
Please provide referrals for GPMP/TCA or  
EDMP for bulk billed consults.**

**Clients must be medically stable, low to  
moderate health risk and engaged with  
regular GP visits (as indicated).**

**Client goals  
driven**

**Nutrition  
Education**

**Manageable  
changes**

**HAES aligned/  
weight neutral  
care.**

 **headspace**  
National Youth Mental Health Foundation



# Dietitian FAQs



## **What's Amelia's availability?**

Every Friday from 9am - 4:30pm at headspace Indooroopilly.

## **Does this service cost anything?**

This is no cost service, however you will require a Team Care Arrangements (TCAs) or an Eating Disorder Plan (EDP) referral from your GP to be eligible for free sessions.

## **Can a young person see our dietitian if they're not interested in any mental health support?**

They sure can! If you aren't already connected in with our service, you'll be required to book an intake appointment. From there we can link you in with our dietitian.

## **How often can a young person see our dietitian?**

Depending on what you need, you can access our dietitian routinely, infrequently, or even just once. Under your TCA referral you will be eligible for up to 5 sessions in total. Under an EDP you will be eligible for up to 20 sessions. From there if you require more appointments, you may be eligible for additional GP referral pathways, or there is a low-cost billing option. Ask reception for more information.

## **Does your Dietitian have any exclusionary criteria?**

Exclusion criteria for referral:

- Medically unstable (i.e. requires inpatient intensive support)
- Attending other services such as QuEDs or engaging in Family Based Therapy.

Here's some topics discussed in recent appointments:

- Meal prepping on a budget
- Exposure to new foods in session
- Challenging unhelpful thoughts around diet rules
- Reducing bloating & gut discomfort
- Talking through body image struggles & nourishing the body comfortably
- Learning new cooking skills
- Overcoming eating disorder thoughts to improve eating and strength in the gym
- Managing emotional eating with mindful, eating and self care
- Recognising hunger and fullness internal cues
- Improving digestion and releasing bloating without restrictive dieting