

WEBINAR

# Eating disorders counselling

Tuesday 4th October 2022

7:15pm - 9:30pm

JOIN US TO UNDERSTAND THE ROLE OF THE PSYCHOLOGIST AND DIETITIAN IN EATING DISORDER TREATMENT. FIND OUT HOW DIFFERENT PSYCHOLOGICAL MODALITIES WORK AND RECEIVE COUNSELLING TIPS

HEAR FROM EXPERIENCED CLINICIANS



**Dion Lo Zhen Yu**  
Senior Clinical Psychologist  
Deputy Head of Therapy Services  
PhD Candidate (Psychology)  
MPsych (Clinical)  
BA (Hons)(Psychology)



**Yih Shian Goh- Poremski**  
Principal Dietitian  
BSc (Hons) Nutrition & Dietetics  
MSc Psychiatry  
Certified Intuitive Eating Counselor  
Certified Eating Disorder Specialist

## Schedule

- 7:15 pm Registration
- 7.30 pm Welcome and introduction
- 7.35 pm The psychologist in eating disorders treatment
- 8.25 pm Break
- 8.30 pm Nutrition counselling tips
- 9.20 pm Q&A
- 9.30 pm End

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POINTS

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DIETETICS ASSOCIATION

ATTENDANCE IS FOR SNDA MEMBERS ONLY  
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# SPEAKER PROFILES



Dion strongly believes in a transdiagnostic approach to therapy. He integrates elements from Schema Therapy, Dialectical Behaviour Therapy (DBT), Cognitive Behavioural Therapy (CBT), and Acceptance and Commitment Therapy (ACT) in his therapeutic approach. Fluent in English and Mandarin, he has conducted psychotherapy and assessments in private, hospital and forensic settings. He works well with clients from the young to the old but has a special interest in working with children and adolescents. In the course of his work, he works well with individuals with a variety of psychological issues, such as mood disorders, anxiety disorders, eating disorders, and family/relationship issues.

Dion is a firm believer in continuing education and is currently a PhD Candidate in Psychology. He is also a sessional lecturer for Evidence-Based Practice (Clinical Psychology) at James Cook University (Singapore). Over the past decade, he has been involved in multiple research involving aggression, CBT, schema therapy, positive psychology and more.

In recognition of his academic excellence, Dion was awarded the academic medal for his master's degree in Clinical Psychology. He was also awarded the Golden Key International Honour (Top 15% of university) in 2018.

Yih Shian graduated from the University of Sydney, Australia, with a Bachelor's degree in Nutrition & Dietetics in 2007. She has worked in various settings such as clinical dietetics, food service management, education, and community health services. She has experience working with clients of all ages and conditions. Her experience with dietetics in the clinical setting led her to develop an interest in eating disorders. After working with the Singapore General Hospital's eating disorder clinic, she pursued her Master's degree in Psychiatry at Cardiff University in 2009.



Her multi-disciplinary education allows her to approach her clients with methods that vary from traditional dietetics. She collaborates with clients to heal their relationships with food and achieve their goals. As a Health at Every Size® advocate, Yih Shian approaches health and lifestyle issues with a non-judgemental, non-diet mentality. To better serve her clients, she regularly updates herself and seeks certified courses where possible. She has completed training for multiple counselling methods such as Motivational Interviewing and Acceptance and Commitment Therapy. She is a certified Intuitive Eating Counselor and Certified Eating Disorder Registered Dietician (CEDRD). She is the first to achieve CEDRD status in South East Asia.

Yih Shian is an accredited member of the Singapore Nutrition and Dietetics Association (SNDA), International Association of Eating Disorder Professionals, and the chairperson of the Eating Disorder Interest Group within SNDA.