


SOCIAL WORK PRACTICE IN EATING DISORDERS



Social work is a regulated health profession in Newfoundland and Labrador. There are over 1700 social workers registered to practice social work throughout the province. Social workers adhere to a Code of Ethics and Standards of Practice in providing essential, competent, and high-quality services.

Registered Social Workers ensure that individuals with an eating disorder and their families/caregivers receive essential services and supports by:

- Assessing clients to determine the appropriate level of service required for eating disorder treatment.
- Providing therapeutic services in outpatient, day treatment and inpatient settings utilizing individual, group, and family therapy.
- Facilitating educational and therapeutic programs and interventions to assist in the prevention and intervention of eating disorders.
- Working as a member of an interdisciplinary team with clients and their families in the delivery of therapeutic interventions addressing the psychological, social, emotional, financial, and nutritional needs of the client with a goal of improving physical and mental health needs.
- Conducting research and promoting greater awareness of eating disorders through educating the public on the impact of the illness on individuals and their loved ones.
- Completing biopsychosocial assessments, providing case coordination, and connecting clients with appropriate services to meet their individualized needs.
- Educating and supporting families and loved ones on eating disorders and educating families on the methods involved in facilitating meal support in their home environments.
- Supporting clients in fostering/repairing their relationship with food.



Further information about the social work profession can be found at www.nlcsw.ca or by contacting:

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