






Position Vacant: Psychologist

We are looking for a registered or clinical psychologist interested in working with individuals to heal their relationship with food, their body image, disordered eating and eating disorders. This person will be passionate about behaviour change and keen to help clients with managing depression, anxiety and other mental health issues that stop them from living life to the fullest.

About the position

-  Woden Office – Level 3, 50 Launceston Street Phillip
-  Contract – generous % split
-  Part-time, flexible hours – work when it suits you.
-  Full admin support – focus on your clients.
-  Multidisciplinary Team

About The Healthy Eating Clinic

VISION

We exist to set people free from food stress and teach them how to eat well for the rest of their life.

MISSION

We're building a sustainable and inclusive nutrition clinic with quality services delivered by passionate health professionals. We work together to build long term healthy eating habits in our clients. In doing so we're also creating a positive workplace where individuals thrive and reach their full potential.

VALUES

PUSH BOUNDARIES

Be driven to innovate and create new ways to do things better.

EXCEED EXPECTATIONS

Go above and beyond, always do things with excellence.

CARE AND SUPPORT

Create a safe, non-judgmental environment where people thrive.

COMMUNICATE

Seek first to understand then to be understood.

WORLDS BEST PRACTICE

Value personal and professional growth and evidenced based practice.

LOVE FOOD

Actively participate in the whole process from paddock to plate.

ENJOY THE JOURNEY

Keep an optimistic attitude and never underestimate the value of a correctly timed food pun.

How we work

We believe that ongoing, individualised, client-centred support is the gold standard in dietetics practice. Over a series of appointments, we focus on building healthy behaviours into our client's lifestyle, rather than offering an unrealistic quick fix. This way, we set clients up to become long-term healthy eaters and achieve their goals.

The Healthy Eating Clinic provides nutrition consultation and counselling within a weight neutral framework to ALL clients, regardless of their goals. A weight neutral approach means that we focus

on habits, behaviours and routines that promote long term health for people of all body sizes, which do not have the goal of weight loss.

For many clients, the pursuit of weight loss has resulted in food restriction, inflexible food rules and prescriptive diets, which can lead to poorer mental and physical health outcomes. We don't want to help people lose weight just for the sake of it, especially if their underlying goal is to be healthy. We focus our efforts on using diet and lifestyle to help manage our client's health and improve their long-term wellbeing, even if their weight does not change.

Why we want a psych

The Healthy Eating Clinic has operated solely with nutrition professionals for 10 years. We recognise the complex inter-relationship between thoughts, feelings and food choice. Many clients struggle with the psychological barriers to healthy food choice and find food a significant source of anxiety.

Our team acknowledge our scope of practice and the limitations of dietetics to address all these barriers and challenges. We are excited by the prospect of offering clients a multidisciplinary approach to build a positive relationship with food.

WHO WE ARE LOOKING FOR

We are seeking expressions of interest from psychologists interested in working on a contract-basis. As our business grows there will be the opportunity for part-time positions for the right person.

We are looking for individuals who are not only appropriately qualified, but are also passionate about their clinical work in the following areas:

- Anxiety and depression
- Behaviour change
- Increasing personal performance and maximising mental health
- Improving body image and self-esteem
- Disordered eating
- Eating disorders
- Eating disorders in children and adolescence

We acknowledge that one person may not practice in all the areas above, so we are keen to find multiple individuals with complimentary skill sets to cover the areas required.

REQUIREMENTS

Successful applicants will meet the following criteria:

- Minimum 2 years' experience in private practice
- Minimum, general registration as a psychologist with AHPRA
- Masters or PhD level qualifications desirable but not essential
- ABN registration
- Professional indemnity insurance
- Medicare registration
- Working with Vulnerable People check (WWVP)
- Willingness to work within a weight neutral framework

Remuneration will be based on a % split of the consultation fee and based on professional experience and client load.

How to Apply

Please email a cover letter and CV to Clinic Manager, Clare Wolski (clare.wolski@healthyeatingclinic.com.au)