

Eating Disorders Resource Directory: Dietitians [2022]



**A listing of services in the Perth Metro
area, relating to eating disorders**



Coordinated by the *Body Esteem Program*, as part of *Womens Health & Family Services*



She who has health has hope;
and she who has hope,
has everything

Arabian Proverb

Introduction

Welcome to the Womens Health & Family Services (WHFS) Body Esteem Program's Eating Disorders Resource Directory.

This directory contains a listing of services related to eating disorders that are provided by private health professionals, community organisations and government departments in the Perth metropolitan area. It has been divided into various sections based upon profession, then listed by suburb in alphabetical order. Each listing has contact information and we encourage you to contact the service providers directly to verify their details as the information may be subject to change.

Are you a Service Provider that supports people with eating disorders?

If you would like your service to be listed in the directory, please complete the [Directory Proforma](#), and submit it via [email](#).

For all additional queries or feedback regarding the listings in this directory, please contact the:

Body Esteem Program Coordinator

Phone: (08) 6330 5400

Email: BEP@whfs.org.au

Disclaimer

Whilst every effort has been made to list entries and data correctly, Womens Health & Family Services (WHFS) does not take responsibility whatsoever for any error or omissions that may occur in this publication. The information, including all fees and charges were correct at the time of the compilation and may be subject to change.

The information set in the directory is provided in good faith as a service. It is the responsibility of the users of this directory to make their own enquiries as to the suitability of the service they may require.

Womens Health & Family Services is unable to uphold the standards of any of the practitioners or services listed and hence disclaims legal liability for any loss, damage or personal injury resulted from referral or contact with the aforementioned including any consequential damage.

Womens Health & Family Services

The Body Esteem Program (BEP) is a service of Womens Health & Family Services (WHFS).

WHFS was first established in 1977 as Women's Health Care House, with the primary aim of providing quality health care to socially disadvantaged women in Western Australia. Over the years the service has evolved and now offers a full range of clinical, therapeutic supportive services to women and their families within the community and beyond.

The services available at WHFS are based on an understanding of health within a social context. This social model of health acknowledges that health is determined by a broad range of factors: social, environmental, economic and biological. This model recognises that differences in health status and outcomes are related to gender. Age, socio-economic status, ethnicity, environment, disability, sexuality and discrimination.

WHFS aims to provide quality; women centred and integrated services to women and their families and communities. They are committed to providing holistic, inclusive and cultural respectful services that enable every woman to achieve her aspiration.

WHFS provides on site and outreach programs from locations across Perth metropolitan and regional areas. For a full list of services please visit www.whfs.org.au

Health is a complete state of physical, mental, spiritual and social wellbeing, not merely the absence of disease and infirmity.

(World Health Organisation)

Body Esteem Program

The Body Esteem Program (BEP) was first established in 2005 in response to community needs. The service has assisted many women and their families by supporting individuals through their eating disorder into recovery.

The programs offered aim to inspire freedom by empowering women to achieve health, balance and recovery through shared experience and support.

The Body Esteem Program aspires to the belief that all women:

- Are entitled to live free from the constraints of an eating disorder.
- Should be given the opportunity to explore their disordered eating experience in a professional, safe and supportive environment.
- Have the ability to develop insight into eating related behaviours, thoughts and feelings.
- Have the capacity to take ownership of their eating disorder and recovery process.
- Deserve to be equally heard and validated in their experience with an eating disorder.
- Benefit from additional support from family, friends and other professional service providers.

The Programs

The Body Esteem Program 20 week self-help programs:

- Are for women 18yrs and over
- Meet weekly
- Have one group for women who experience Anorexia or Bulimia Nervosa and another for women who experience Binge Eating Disorder
- Require participants to access individual therapy in addition to attending the group
- Require participants to meet certain inclusion criteria

The Parent/Partner Support Program (PESP) is for family members, partners/carers or friends who have a loved one with an eating disorder.

The one day workshop aims to:

- Provide information about the nature of an eating disorder and recovery in order to help people gain a deeper understanding of what their 'loved one' maybe experiencing
- Acknowledge and strengthen family communications and provide an opportunity for people to learn strategies for self-care

Dietitians

AREA	PROVIDER	PHONE	PAGE
Booragoon	Claire Gaspe	0424 660 975.....	70
Canning Vale	Ivana Giovannini	6162 2616.....	71
Mt Lawley/ Midland/ Mt Claremont/ Lathlain	Simone Allen	0411 443 542.....	72
North Perth	Jo-Anne Dembo	9201 5100	73
Northbridge	Dr Mary Slater	9227 8333	74
North Perth	Sonya Douglas	9227 7788	75
Spearwood	Natasha Muir	6192 3256.....	76
Success	Ivana Giovannini	9494 3790.....	77
Success	Megan Hardy	9494 3790	78
Subiaco	Kate Fleming	0419 783 903.....	79
Subiaco	Claire Cooper	9382 8775	80
Telehealth	Mandy Chan	6114 8739	81
Wembley	Sonya Douglas	9388 2423	82
West Leederville	Melissa Smart	9284 1767.....	83
West Perth	Natalie Scott	9444 3700	84
West Perth	Bev Ruello	9381 2211.....	85
Woodvale	Andrea Gracie	0491 615 263.....	86

Booragoon

Service Provider	Diet-Free Me (Dietitian)
Address	340 Marmion street Melville WA 6156
Telephone	0424 660 975
Email	claire@dietfreeme.com.au
Web	www.dietfreeme.com.au
Opening Hours	Monday & Wednesday 8am – 6pm Tuesday, Thursday & Friday 10am – 2pm
Contact person	Claire Gasper
Type of service	Dietitian
Service description	Claire is an Accredited Practising Dietitian and Credentialed Eating Disorder Clinician who's passionate about supporting her clients to heal their relationship with food and their body. Her work is trauma informed and incorporates an understanding of manualized treatments such as CBT-E and FBT. She practices Health at Every Size (HAES) and applies a non-diet approach. Clients are able to attend sessions in-person at her office in Booragoon, as well as via telehealth. Claire identifies as a small-fat person and she's part of the LGBTQI+ community
Referral process	Claiming with private health - no referral needed. Claiming with Medicare – Eating Disorder Plan required.
Eligibility	adults & adolescents, all eating disorder presentations
Waiting period	1 – 2 months
Fees / Charges	\$190.00 (initial session) / \$160.00 (standard session)
Rebates	Private Health Rebates, Medicare
Governing body	Dietitians Australia
Currently registered	Yes

Canning Vale

Service Provider	Ivana Giovannini (Dietitian)
Address	Suite 7, Level 1 2 Queensgate Drive Canning Vale 6155
Telephone Email Web	6162 2616 Dietitian@wahealthgroup.com.au WA Health Group Canning Vale
Opening Hours	Tues 2pm-7pm, Wed 7:30am-12:30pm
Contact person	Ivana Giovannini
Type of service	Dietitian
Service description	Specialist dietetic training with WAEDOCS. Ability to support, treat, and help clients build healthy lifestyle and food relationships.
Referral process	Private, and Eating disorder care plan
Eligibility	Private and Eating disorder care plan
Waiting period	3-4 weeks
Fees / Charges	Care plan: Initial \$165/45 min review \$98.50/ 30 min review \$83.50
Rebates	
Governing body	Dietitian Australia
Currently registered	Yes

Various

Service Provider	Nutrition Works (<i>Dietitians</i>)
Address	<ul style="list-style-type: none"> • Ascend Physiotherapy, HBF Stadium Mt Claremont • Beaufort Physiotherapy, 777 Beaufort St Mt Lawley • West Coast Health, 42 Bishopsgate St Lathlain • Midland Physiotherapy, 274 Great Eastern Highway Midland
Telephone	Ascend Physiotherapy 9387 2699 Beaufort Physiotherapy 9473 1155 West Coast Health 6255 1990
Email	Midland Physiotherapy 9274 1482
Web	info@nutritionworks.com.au www.nutritionworks.com.au
Opening Hours	<ul style="list-style-type: none"> • Ascend Physiotherapy - Wednesday & Thursday • Beaufort Physiotherapy - Friday • West Coast Health - Tuesday & Thursday • Midland Physiotherapy - Thursday
Contact person	Simone Allen
Type of service	Dietitians
Service description	Counselling Dietetic or nutritional advice
Referral process	Self referral
Eligibility	Adults, adolescents, children, parents or families with eating disorders
Waiting period	1-2 weeks—depends on time of year
Fees / Charges	\$120.00-130 - Initial consultation \$55.00 to \$75.00 - Subsequent visits
Rebates	Rebates available – Medicare if on care plan Varies between Private Health Funds
Governing body	Dietitians Association of Australia
Currently registered	Yes

North Perth (various Locations)

Service Provider	Diet By D'Zyne (Dietitian)
Address	(Head Office) Unit 2, 375 Charles Street North Perth WA 6060 (Various Locations)
Telephone	9201 5100
Fax	9444 5125
Email	reception@dietbydzyne.com.au
Web	www.dietbydzyne.com.au
Opening Hours	Monday to Friday 8:30am—5:30pm
Contact person	Jo-Anne Dembo
Type of service	Counselling
Service description	Eating disorders, nutrition counselling and dietetic services
Referral process	Self-referral, GP, Specialist or Allied Health Professional
Eligibility	Adults / adolescents / children / parents or families with eating disorders
Waiting period	Nil
Fees / Charges	\$120.00 Initial consultation \$75.00 Subsequent consultations And bulk bill for team care arrangements referrals
Rebates	Rebates available - depends on health funds
Governing body	Dietitians Association of Australia
Currently registered	Unknown

Northbridge

Service Provider	Nourish Nutrition Health Fitness (<i>Dietitians</i>)
Address	305 Newcastle Street Northbridge WA 6003
Telephone	9227 8333
Fax	9227 1777
Email	info@nourishyourself.com.au
Web	www.nourishyourself.com.au
Opening Hours	9:00am—6:00pm By appointment
Contact person	Dr Mary Slater
Type of service	Dietitians
Service description	Counselling Dietetic or nutritional advice
Referral process	Self referral
Eligibility	Adults with eating disorders
Waiting period	Nil
Fees / Charges	\$120.00 - Initial consultation \$90.00 - Subsequent visits
Rebates	Rebates available - 45% if Medicare applicable on “Enhanced Care Plan”
Governing body	Dietitians Association of Australia
Currently registered	Unknown

North Perth

Service Provider	Dietwise Nutrition Clinics (Sonya Douglas)
Address	Lvl 2, 448 Fitzgerald St (cnr Wesley St), North Perth WA 6006
Telephone	9227 7788
Mobile	0407 779 697
Fax	9228 8480
Email	sonya@dietwise.net.au
Web	www.dietwise.net.au
Opening Hours	Monday to Friday 8:00am—6:00pm Saturdays 8:00am-1:00pm
Contact person	Sonya Douglas
Type of service	Accredited Practising Dietitian (APD)
Service description	Comprehensive nutritional assessment, psychoeducation, monitoring and support including individualised meal plans and nutrition education and counselling. Collaborative care with GP, Psychiatrist, Psychologist & Community Mental Health.
Referral process	Self-referred, GP or other health professional
Eligibility	Adults, adolescents and children with eating disorders or disordered eating. Support for family or primary carers.
Waiting period	1-2 weeks
Fees / Charges	From \$150 (Initial consultation 60-75 mins) \$100-\$150 (Review Consultation 30-45mins)
Rebates	Private Health Funds with ancillary dietetics cover Medicare—Eating Disorder care plan (up to 20 visits) Medicare—Chronic Disease Care Plan (up to 5 visits)
Governing body	DAA
Currently registered	Yes

Spearwood

Service Provider	Life Ready Physio & Pilates (Dietitian)
Address	Phoenix Shopping Centre Shop5/254 Rockingham road Spearwood WA 6163
Telephone	(08) 6192 3256
Email	spearwood@lifereadyphysio.com.au or natasha.muir@cihealth.com.au
Web	www.lifereadyphysio.com.au/clinics/spearwood
Opening Hours	Wednesday 4pm—7pm Friday 9.30am—12.30pm
Contact person	Natasha Muir
Type of service	Dietitian
Service description	Individualised one on one dietitian consultations
Referral process	GP, Self or specialist referrals welcome
Eligibility	Adults, adolescents and children with eating disorders
Waiting period	Nil
Fees / Charges	\$165—Initial Consultation \$95—45 minute review \$80—30 minute review
Rebates	Private Health Rebates, Medicare
Governing body	Dietitians Australia
Currently registered	Yes

Success

Service Provider	Ivana Giovannini (Dietitian)
Address	Level 1, Suite 14 11 Wentworth Pde Success WA 6164
Telephone Email Web	9494 3790 ivana@hardynutrition.com.au Dietitian Perth, Nutrition Experts (hardynutrition.com.au)
Opening Hours	Mon 12:30pm—4pm, Tues 8am-9am, Wed 2pm-4pm, Fri 8am-12:30pm and 4pm-6pm
Contact person	Ivana Giovannini
Type of service	Dietitian
Service description	Specialist dietetic training with WAEDOCS. Ability to support, treat, and help clients build healthy lifestyle and food relationships.
Referral process	Private, and Eating disorder care plan
Eligibility	Private and Eating disorder care plan
Waiting period	3-4 weeks
Fees / Charges	Care plan: Initial \$165/45 min review \$98.50/ 30 min review \$83.50
Rebates	
Governing body	Dietitian Australia
Currently registered	Yes

Success

Service Provider	Hardy Nutrition Dietary Consulting (Megan Hardy)
Address	Hardy Nutrition Dietary Consulting 14/11 Wentworth parade Success WA 6164
Telephone	9494 3790
Fax	6315 6413
Email:	admin@hardynutrition.com.au
Web:	www.hardynutrition.com.au
Opening Hours	Mon 9am-4pm Tues 9am-2 pm Wed 3pm-6:30pm Thurs 9am-8pm Friday 8am-6pm
Contact person	Megan Hardy
Type of service	Dietitian
Service description	Nutrition advice and one to one counselling
Referral process	Self referral or specialist
Eligibility	Adults, adolescents and children with eating disorders
Waiting period	Nil
Fees / Charges	\$165.50 - Initial consultation \$98.50 - 45 minute review \$83.50 - 30 minute review
Rebates	Medicare Private Health
Governing body	Dietitians Association of Australia
Currently registered	Yes

Subiaco

Service Provider	The Swan Centre (Kate Fleming)
Address	The Swan Centre 392 Rokeby road Subiaco WA 6008
Telephone	08 9382 8775
Fax	08 9381 1394
Email	reception@swancentre.com.au
Web	www.swancentre.com.au
Opening Hours	Tuesday 9:00am - 7:00pm Wednesday 9:00am - 2:30pm Thursday 9:00am - 7:00pm Friday 9:00am-2:30pm
Contact person	Kate Fleming
Type of service	Accredited Practicing Dietitian
Service description	Nutrition counselling for individuals with eating disorders and their families. These include anorexia nervosa, bulimia nervosa, binge eating disorder, ARFID and other disordered eating behaviours.
Referral process	Self referral, GP, Psychologist, Psychiatrist
Eligibility	Adults, adolescents and children with eating disorders, disordered eating behaviours and weight and body image concerns
Waiting period	Varies
Fees / Charges	\$205 (initial consultation) \$160 (Standard consultation); \$110 (brief consultation). Fee reduction avail for concession card holders
Rebates	Rebates available through Medicare and Private Health Insurance
Governing body	DAA (Dietitians Association of Australia)
Currently registered	Yes

Subiaco

Service Provider	The Swan Centre (Claire Cooper)
Address	The Swan Centre 392 Rokeby Road Subiaco WA 6008
Telephone	9382 8775
Fax	9381 1394
Email:	reception@swancentre.com.au
Web:	www.swancentre.com.au
Opening Hours	Tues 9am-7pm Wed 9am-2.30pm Thurs 9am-7pm Fri 9am -2.30pm
Contact person	Claire Cooper
Type of service	Dietetics
Service description	Nutrition counselling for individuals with eating disorders and their families. These include Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder ARFID and other disordered eating behaviours.
Referral process	Self referral, GP, Psychologist or Psychiatrist
Eligibility	Adults, adolescents and children with eating disorders, disordered eating behaviours and weight and body image concerns.
Waiting period	Varies
Fees / Charges	\$195.00 - Initial consultation \$140.00 - review appointment \$105.00 - brief appointment
Rebates	Rebates available through Medicare and Private Health insurance
Governing body	Dietitians Association of Australia
Currently registered	Yes

Telehealth (remote only)

Service Provider	<i>Mandy Chan</i>
Address	Telehealth (remote only)
Fax Mobile Email	6313 0992 0401 646 023 mandychan.dietitian@gmail.com
Opening Hours	Monday to Friday 9-5pm Saturday 9-12pm
Contact person	Mandy Chan
Type of service	Dietitian
Service description	Comprehensive dietetic assessment and individual counselling. Other languages—Cantonese, Mandarin
Referral process	Self referral or specialist referral
Eligibility	Adults with eating disorders, disordered eating behaviours or body image concerns
Waiting period	1-2 weeks
Fees / Charges	\$180 (1 hour initial) and \$135 (45 minutes review)
Rebates	Medicare and Private Health insurance
Governing body	Dietitian Australia
Currently registered	Yes

Wembley

Service Provider	Dietwise Nutrition Clinics (Sonya Douglas)
Address	228 Cambridge Street Wembley WA 6014 (entrance Gregory Street)
Telephone	9388 2423
Mobile	0407 779 697
Fax	9382 2366
Email	sonya@dietwise.net.au
Web	www.dietwise.net.au
Opening Hours	Monday to Friday 8:00am—6:00pm Saturdays 8:00am-1:00pm
Contact person	Sonya Douglas
Type of service	Accredited Practising Dietitian
Service description	Comprehensive nutritional assessment, psychoeducation, monitoring and support including individualised meal plans and nutrition education and counselling. Collaborative care with GP, Psychiatrist, Psychologist & Community Mental Health.
Referral process	Self-referred, GP or other health professional
Eligibility	Adults, adolescents and children with eating disorders or disordered eating. Support for family or primary carers.
Waiting period	1-2 weeks
Fees / Charges	From \$150 (Initial consultation 60-75 mins) \$100-\$150 (Review Consultation 30-45mins)
Rebates	Private Health Funds with ancillary dietetics cover Medicare—Eating Disorder care plan (up to 20 visits) Medicare—Chronic Disease Care Plan (up to 5 visits)
Governing body	DAA
Currently registered	Yes

West Leederville

Service Provider	West Health Psychology Melissa Smart (Dietitian)
Address	23 Southport Street West Leederville WA 6007
Telephone	9284 1767
Email	msmart@westhealth
Web	https://westhealth.com.au
Opening Hours	Saturdays 9:00am -12:00pm
Contact person	Admin at West Health
Type of service	Dietetics
Service description	Dietitian with extensive experience in mental health and eating disorders (including ARFID).
Referral process	Self-referred, or GP
Eligibility	Any age
Waiting period	Nil
Fees / Charges	\$130 per 30 min \$200 initial consult
Rebates	Mental Health Care Plan E.D.P
Governing body	Dietitians Australia
Currently registered	Yes

West Perth

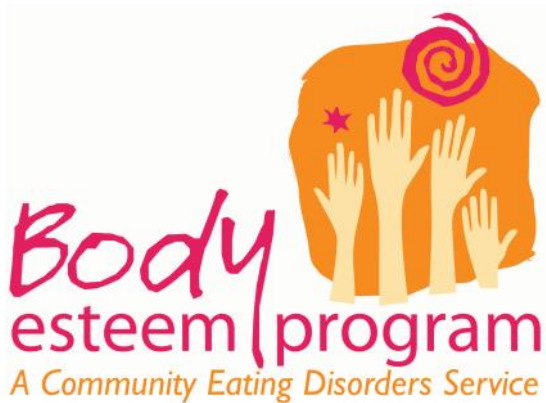
Service Provider	Be Mindful Nutrition (Dietitian)
Address	6/6 Richardson Street, West Perth WA 6005
Telephone	0413 470 318
Email	natalie@bemindfulnutrition.com.au
Web	www.bemindfulnutrition.com.au
Opening Hours	Tuesday, Wednesday 11am—6:30pm Friday 7:30am—3:30pm
Contact person	Natalie Scott
Type of service	Accredited Practicing Dietitian
Service description	Nutrition counselling for those with a history of dieting, disordered eating, body image concerns and eating disorders (including anorexia nervosa, bulimia nervosa, ARFID and OSFED). I am a Credentialed Eating Disorder Clinician (CEDC through ANZAED) and utilise a non-diet, health at every size (HAES) approach to help clients improve their relationship with food and their body
Referral process	Self referral, GP , Psychologist, Psychiatrist
Eligibility	Adults, Adolescents and Children with history of dieting, disordered eating, body image concerns and/or eating disorders
Waiting period	Varies
Fees / Charges	See website for up to date fees
Rebates	Private Health Rebates, Medicare rebates if eligible
Governing body	Dietitians Australia, ANZAED
Currently registered	Yes

West Perth

Service Provider	Perth Diet Clinic (Dietitian)
Address	Unit 8, 24 McCourt Street West Leederville WA 6007
Telephone	9381 2211
Fax	9381 2699
Email	clinic@perthdietclinic.com.au
Web	www.perthdietclinic.com.au
Opening Hours	Monday to Friday 7:00am—5:00pm Saturday 8:00am—12:00noon
Contact person	Bev Ruello Practice Manager
Type of service	Dietitians
Service description	Dietetics and nutritional advice
Referral process	GP/ Specialists and Self referral
Eligibility	Adults and children with eating disorders
Waiting period	1 - 2 weeks
Fees / Charges	\$180.00 1hr- Initial consultation. 1/2 hr review \$90.00 \$135.00 45 min Initial Consultation. 15 min Review \$59.00
Rebates	Rebates available—Medicare and Private Health Funds
Governing body	Dietitians Association of Australia
Currently registered	Unknown

Woodvale

Service Provider	Andrea Gracie
Address	Northern Suburbs, Woodvale
Telephone Email	0491 615 263 andrea.gracie@outlook.com
Opening Hours	Monday: 9am-2.30pm Thursday: 1pm-7pm
Contact Person	Andrea Gracie
Type of service	Dietitian
Service description	Comprehensive dietetic assessment and individual dietary/meal planning counselling.
Referral process	Self Referral or GP referral
Eligibility	Adults or adolescents with eating disorder behaviours
Waiting period	Nil
Fees / Charges	\$93 - Initial Consultation; \$63 for review consultation
Rebates	Medicare if referred by a GP Care plan Private Health insurers
Governing body	Dietitians Association of Australia
Currently registered	Yes



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Mental Health Commission

a program of



womens health
& family services

Email: BEP@whfs.org.au

Website: www.whfs.org.au

JOONDALUP

Suite 6, Joondalup Lotteries House

70 Davidson Terrace, Joondalup 6027

Phone: (08)6330 5400 **Fax:** (08)9300 1699

NORTHBRIDGE

227 Newcastle Street, Northbridge 6003

Phone: (08)6330 5400 **Fax:** (08)6330 5499