Dr Amy Burton BSc (Psych) (Hons), DClinPsy / PhD

Clinical psychologist & credentialled eating disorder clinician, *SYDNEY & DARWIN*

Dr Amy Burton is a practising Clinical psychologist, credentialled eating disorder clinician, and lecturer at the University of Technology Sydney (UTS).

Passionate about youth mental health and early intervention, Dr Burton has worked in, and with headspace centres for the past eight years, progressing to the role of Clinical Lead.

Her work and research has focused on improving assessment and treatments of disordered eating symptoms, with a particular focus on the symptom of binge eating.

Dr Burton was involved with the InsideOut Institute's clinical trial of the Binge Eating eTherapy (BEeT) program as a clinician-researcher. This research helped inform the development of the InsideOut Institute's eClinic – Australia's first free, fully online, national treatment hub for eating disorders. It offers flexible, self-paced programs, including BEeT for binge eating and bulimia nervosa, SkillED for a wider range of eating disorder symptoms, SupportED for carers, and a Healthcare Professionals (HCP) Hub. By removing traditional barriers to care, the eClinic ensures patient access to vital support when they need it most, regardless of their postcode, socio-economic status, or cultural background.

"I have witnessed the benefits of the InsideOut eClinic programs first-hand. Having seen my clients recover from daily binge eating with support of the BEeT program, I feel confident recommending this wonderful program to anyone struggling with binge eating," said Dr Burton.

"We are so lucky to have access to these high quality, science-based online treatments available to the Australian public who are experiencing an eating disorder.

"The suite of eTherapy programs for eating disorders, now freely available via the InsideOut Institute eClinic, are an incredible resource that everyone should be aware of," Dr Burton said.

Recently, Dr Burton has been working with clinicians based in Darwin and Palmerston, NT, providing clinical supervision and education on the detection and treatment of eating disorders to help upskill the workforce of GPs, nurse and mental health clinicians in the effective management of eating disorders.

To learn more about the InsideOut Institute's eClinic, head to eclinic.insideoutinstitute.org.au or email admin@insideoutinstitute.org.au.

Should you suspect you, or a loved one, may be living with an eating disorder, speak to your local healthcare practitioner without delay, or head to insideoutinstitute.org.au to complete our online screener and assessment, and to access more information and professional support.

Australian professional patient support services offering 24/7 helpline services include:

- **Butterfly National Helpline: 1800 334 673**
- **Beyond Blue: 1300 22 4636**
- **LifeLine: 13 11 14**
- **Men's Line Australia: 1300 78 99 78**
- **Kids Help Line: 1800 55 1800**

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To coordinate an interview with Dr Amy Burton, please contact:

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