

Sarah Horsfield BSc, PGDip (Psych), MPsy (Clin) **Clinical Psychologist & Co-Director,** **InsideOut Institute eClinic, SYDNEY**

Sarah Horsfield is a Clinical Psychologist who has more than 15 years experience working in the eating disorder space. She has worked across specialist services in inpatient, day program and outpatient eating disorder settings including headspace and private practice.

Sarah has worked in policy, workforce and clinical roles at the [InsideOut Institute for Eating Disorders](#), Sydney – Australia's first institute for research and clinical excellence in eating disorders. The Institute aims to provide every Australian living with an eating disorder, access to the best possible care, by reassessing eating disorders from the "inside out".

She is currently the Co-Director 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, SkilledED for a wider range of eating disorder symptoms, SupportedED for carers, and a Healthcare Professionals (HCP) Hub. By removing traditional barriers to care, the eClinic ensures access to vital support when they need it most, regardless of their postcode, socio-economic status, or cultural background.

Sarah is registered with the Australian Health Practitioner Regulation Agency (AHPRA) and is a board approved supervisor.

Sarah reflected on the value of the InsideOut Institute eClinic:

"The eClinic is an exciting new way to deliver tools and evidence-based programs to people with eating disorders who might not otherwise access support.

"It empowers the person with greater autonomy and flexibility, allowing them to engage in treatment anytime and progress at their own pace," said Sarah.

We know that less than one in three people with eating disorders seek professional help due to barriers like stigma, access to treatment, cost and shame. These challenges are often even greater for those living in regional and rural areas.

"The eClinic provides a different treatment pathway to those who might not otherwise access support," Sarah said.

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 their 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 Sarah Horsfield, please contact:

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