

Tiegan Holtham BBS (Hons), MPsy (Clin), CEDC

Clinical psychologist, The Flourish Collective & Headspace, DARWIN

Tiegan Holtham completed her Bachelor of Behavioural Science (Honours) at Charles Darwin University in 2011. She later relocated to the Gold Coast to undertake a Clinical Master's degree, during which she completed a thesis exploring self-compassion as a protective factor against disordered eating.

Tiegan spent three years working in an eating disorder service within the Gold Coast Child and Youth Mental Health Service (CYMHS) team. During this time, she had the opportunity to present her thesis at the Australia and New Zealand Academy for Eating Disorders (ANZAED) conference and contributed to a clinical case study comparing Family-Based Treatment (FBT) for young people with anorexia nervosa and bulimia nervosa.

She returned to Darwin in 2017 and has since worked across Headspace and The Flourish Collective – a neuro-affirming private practice. Alongside clinical work, Tiegan remains committed to strengthening the Northern Territory's workforce and improving access to effective eating disorder treatment in the Darwin region.



Tiegan played a key role in supporting Headspace to establish a dedicated eating disorder clinician position. She has collaborated with the Primary Health Network (PHN) to bring free, high-quality training in evidence-based therapies to the Northern Territory. She also lectures in the Master's program at Charles Darwin University, and co-founded the NT Eating Disorder Professionals Network.

She continues to work clinically with clients of all ages experiencing an eating disorder, and their loved ones.

Tiegan welcomes the launch of the InsideOut Institute eClinic – Australia's first free, national online treatment hub supporting individuals living with, or affected by eating disorders. The digital-first eClinic provides evidence-based, accessible, and flexible support for those in need Australia-wide, regardless of their location or background, to support recovery and connection.

"Making effective eating disorder care accessible to everyone, no matter their location, cultural, or socio-economic background, is crucial.

"Individuals from rural and regional areas, including Northern Territorians, deserve the same access to high-quality, evidence-based treatment as those in cities," said Tiegan.

"The InsideOut eClinic is helping to break down barriers like distance, lack of local services, and stigma, to create a more inclusive model of care that meets people where, and when they need it."

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 Tiegian Holtham, please contact:

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