



GLASGOW ANXIETY & DEPRESSION  
COUNSELLING SERVICE

# **DIETETIC SERVICE & NUTRITIONAL SUPPORT**

## **What is Dietetics and Nutritional Support?**

According to the British Dietetic Association (BDA) '*dietetics is the science of how nutrition affects our health. Scientific studies have shown how a change to our diet can help prevent or control a variety of health problems. Dietitians are the only qualified and regulated health professionals within the UK that assess, diagnose and treat diet and nutrition problems*'.

Our dietitian, Jenny, has been working as a HCPC registered specialist eating disorder dietitian within the NHS for over 15 years. She has extensive experience of working with eating disorders/disordered eating, as well as offering dietetic support to the following: vegetarian and vegan diets; polycystic ovary syndrome (PCOS); pregnancy and mental health; bone health and nutrition; healthy eating; lactose intolerance; and milk free diets.

Jenny currently works in a specialist eating disorder team within the NHS, in addition to providing a dietetic service to clients with eating disorders and disordered eating here at Talking EDs: Eating Disorder Service Scotland. Jenny can also provide general dietetic advice and support for non-eating disorder conditions too.

## **Services and Support Provided**

A list of the dietetic services Jenny and Talking EDs can offer is below:

- Comprehensive dietetic assessment
- Follow-up support and advice appointments (after the initial assessment session)
- Reports and letters
- Dietary advice and support
- Dietary monitoring
- Nutritional information and psychoeducation
- Meal plans

- Establishing healthy eating and healthy eating habits
- Support with establishing regular eating patterns
- Support to achieve improved nutritional status
- Support with increase range of foods eaten
- Support and information for the following specific diets and conditions: vegan; vegetarian; milk-free; lactose intolerance; diabetes; IBS; IBD; and coeliac disease.
- Dietetic support is **only offered** alongside psychotherapy, CBT and counselling services. You must be seeing a therapist here (or elsewhere) to access dietetic services at Talking EDs.
- All dietetic appointments are currently **online** due to Jenny's location.
- Jenny may request that you have **blood tests** done by your G (especially so when there is some health risk). Jenny will discuss this with you and whether you agree to this or not. All information is confidential.

## Fees

- **Initial Assessment Session (90 minutes): £145** (\*£185)
- **Follow-Up Appointments (50 minutes): £95/session** (\* £135)
- **Basic Letter (1/2 page): £25** (\*£45)
- **Reports: £165 per hour** (minimum 1 hour) (\*£205)
- **Funded Services:** if you are being funded by a workplace, insurance company, EAP or another company (i.e. you are not self-funding), the rates are more expensive due to increased costs. Please [see Corporate Rates in blue above](#) \*.
- Please get in touch if you have any questions, need more information or would like to book an appointment with a dietitian.