

Dr Sarah Wells BScPsych Hons Ph.D. (Clinical Psychology) Clinical Psychologist (Eating Disorders), Child & Adolescent Mental Health Team, HOBART

Dr Sarah Wells is a Hobart-based clinical psychologist with more than 18 years' experience working with people living with, and impacted by, eating disorders. She has chosen to dedicate her career to the field of eating disorders to help fill a gap in this under-resourced treatment area in Tasmania.

In her current role, Dr Wells provides specialised clinical psychology assessment and therapeutic interventions as part of a multidisciplinary team working with children and the adolescent community mental health service. In her past roles she has worked within the adult community mental health service and has consistently provided training, supervision, mentoring, consultation and information to the wider Tasmanian Health Service (THS), for which she has been conferred the title of Senior Clinical Psychologist due to her expertise in eating disorder treatment.



Dr Wells uses a range of therapeutic interventions, including Family Based Treatment (FBT), Enhanced Cognitive Behavioural Therapy (CBT-E), Specialised Supportive Clinical Management (SSCM), The Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA), Dialectical Behavioural Therapy (DBT), Interpersonal Therapy (IPT), Adolescent Focused Therapy (AFT), Acceptance and Commitment Therapy (ACT), Family Therapy, Schema Therapy, and Eye Movement Desensitisation and Reprocessing Therapy (EMDR), as well as working within an attachment and systemic framework.

In 2003, Dr Wells completed a Bachelor's degree in Clinical Psychology with First Class Honours from the University of Tasmania. She subsequently completed a Doctor of Philosophy (Ph.D.) at the University of Tasmania, researching the transdiagnostic theory of eating disorders and its application to bulimia nervosa and binge eating disorder, for which she was awarded Most Promising Provisional Clinical Psychologist. In addition, she has worked for renowned British psychiatrist and researcher, Emeritus Professor Christopher Fairburn at the University of Oxford, UK.

Dr Wells is an advocate for the Australian arm of the Eating Disorders Genetic Initiative (EDGI) – the world's largest genetics investigation of eating disorders ever performed, that aims to identify the hundreds of genes that influence a person's risk of developing anorexia nervosa, bulimia nervosa and binge-eating disorder, to improve treatment, and ultimately, save lives.

"As a clinical psychologist, I am passionate about generating awareness and advocacy for people living with eating disorders. EDGI's aim to identify the genes that predispose people to eating disorders will help provide greater support for those with the illness, and their families," said Dr Wells.

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