

Credentialed ED Dietitian – Paeds / Adolescents

Join a team where compassion, curiosity and great clinical care go hand in hand.

At Nourish & Thrive, we believe young people and their families deserve nutrition care that is compassionate and respectful of the individual, while being clinically high quality. We are inviting expressions of interest from an experienced dietitian who shares that belief, our values and would like to explore joining our team.

We are particularly keen to meet someone who is passionate about working with children and teenagers with disordered eating, or a diagnosed eating disorder – including anorexia, bulimia, binge eating disorder, orthorexia and OSFED.

Who we're looking for

You are a credentialed eating disorder dietitian (APD) with experience supporting children and adolescents. You feel at ease building relationships with young people and their parents or caregivers, while recognising that each family brings its own strengths and challenges.

You bring excellent clinical judgement and communicate clearly, especially when care involves several people and perspectives. You value working alongside psychologists, medical practitioners and other members of a young person's treatment team. You can hold the clinical responsibilities of eating disorder care while making space for trust, curiosity and collaboration.

Your approach is evidence-based, non-judgemental and respectful of diverse bodies, minds and experiences. You are comfortable adapting care to the young person in front of you. Above all, you want families to feel heard and supported as they navigate difficult moments.

The opportunity

This EOI is an opportunity to build a paediatric and adolescent eating disorder service within Nourish & Thrive. We warmly welcome a dietitian who wants to contribute their experience, collaborate with our team and help shape how we support young people and their families in this important area of care.

The clinical scope and potential working arrangements will be discussed with interested clinicians. We are interested in finding a good fit for both the clinician and the practice, with a shared understanding of how the role could develop.

Why Nourish & Thrive?

Nourish & Thrive provides paediatric and adult nutrition and feeding care grounded in neurodiversity-affirming, trauma-informed and weight-neutral practice.

For an eating disorder dietitian, those values matter in the everyday work: listening carefully, involving young people and caregivers in care, communicating with the wider treatment team and respecting the relationship between food, bodies and wellbeing. If this is how you like to practise, we would love to learn more about you.

Let's talk

You do not need to be actively looking for a new role. If this sounds like work you would find meaningful, please get in touch for a confidential, informal conversation. We can share more about Nourish & Thrive, hear what you are looking for and see whether there may be a fit.

EOI details

- **Contact:** Tania Hillman, Director and Senior Dietitian
- **Email:** careers@nourishthrive.com.au
- **Location:** Gledswood Hills, NSW
- **Arrangement:** Contractor
- **Days and hours:** Approximately 1 day per fortnight with genuine opportunity to build the service alongside our existing adult ED dietitians and paediatric/adult ED psychologist.
- **In-person and telehealth:** This is predominantly an in-person role; telehealth appointments are also provided when required to meet client needs.
- **Preferred commencement:** November 2026

Interested?

Reach out to Tania via: careers@nourishthrive.com.au (don't forget to attach your CV)