

ONLINE LIVE PANEL

PREGNANCY AND EATING DISORDERS

Panelists

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Heather Mattner



Heather is an Honorary Clinical Senior Lecturer (Psychology) at the University of Adelaide. Heather is a privately practising Perinatal Health Psychologist and has an extensive background in midwifery, maternal-infant health, women's health, perinatal wellbeing/mental health, and primary health.

Stacey Star



Stacey was born in Canada but has spent the last fifteen years living in the UK and Australia. She has worked in many not-for-profit organisations in women's rights, mental health and disability, has studied psychology, is a yoga teacher and is now the mother of two free-spirited girls, 2 and 4.

She is passionate about putting energy into different and deserving social justice causes. As someone who had an eating disorder in her teens into her late twenties, she still has a desire to share her lived experience of

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mental health issues amongst community and health professionals to increase understanding and reduce stigma. She has been recovering or recovered from her eating disorder for a number of years now and is diligent about self-care which includes a regular meditation practice, exercise and time alone doing other things she loves (when she can carve out time amongst being a mum, working and life in general).

Amelia Trinick



Amelia is a Team Leader at the Butterfly National Helpline and has worked in the Eating Disorder space for 6 ½ years including counselling, developing and running programs for those with lived experience, carers, health professionals, and allied health workers. Amelia has a Bachelor in Social Work and has engaged in work around reaching populations that have previously been excluded or not accounted for in professional eating disorder realms and treatment experiences. She has her own lived experience of an eating disorder and recovery.

Professor Janice Russell

Clinical Director NSW Statewide Eating Disorder Service

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