



What can research, practice, and lived experience teach us about eating disorders?

This Big Issues in Mental Health event explores eating disorders from diverse perspectives. Exploring the challenges, experiences and approaches to support and recovery.

Featuring keynote presentation by **Professor Walter Kaye**, Emeritus Distinguished Professor of Psychiatry at the University of California San Diego (UCSD) and Founder and former Executive Director of the UCSD Eating Disorders Research and Treatment Centre [Walter H. Kaye | Eating Disorders Center for Treatment and Research](#)

Followed by an engaging expert panel discussion.

OUR EXPERT PANEL



Professor Walter Kaye
Emeritus Distinguished Professor of Psychiatry at the University of California San Diego (UCSD)



Dr Vash Singh
*Psychiatrist
Founder & Medical Director of Esus Centre*



Pheobe Ho
Lived Experience Advocate and Clinical Psychologist, PhD Candidate



Alison Parkinson
Lived Experience Carer Advocate and Peer Support Leader



Shannon Calvert
Lived Experience Systems Educator and Advisor

Monday 19 October 2026

12:30pm to 3:30pm (*Lunch Included*)

Curtin University

B105 Level 7, TL Robertson Library (*Free Hybrid Event*)

Contact: enableinstitute@curtin.edu.au



MEET OUR EXPERT PANEL



Professor Walter Kaye is an Emeritus Distinguished Professor of Psychiatry at the University of California San Diego (UCSD) and Founder and former Executive Director of the UCSD Eating Disorders Research and Treatment Centre.

His research has focused on exploring the relationship between brain and behavior using brain imaging and genetics and the development and implementation of new treatments for anorexia and bulimia nervosa, such as Temperament Based-Treatment (TBT). He founded the Price Foundation International Collaboration on the Genetics of Eating Disorders, the first large-scale international study investigating the genetic basis of anorexia nervosa and bulimia nervosa.



Dr Vash Singh is a psychiatrist and the Founder and Medical Director of Esus Centre, an integrated day hospital supporting adults and adolescents with eating disorders and comorbid conditions.

Esus Centre is the first mental health organisation in the world to achieve Level 1 accreditation from the International Consortium for Health Outcomes Measurement (ICHOM), demonstrating its commitment to measuring the outcomes that matter most to patients and continuously improving the quality and value of care. Vash holds an MSc in Global Healthcare Leadership from the University of Oxford and is a leader in value-based healthcare. She is committed to creating sustainable, integrated models of mental healthcare that improve outcomes for individuals, families, and communities.



Pheobe is a Clinical Psychologist and passionate lived experience advocate with over a decade of experience in eating disorders across clinical, research, policy and advocacy roles. She served as a Commissioner with the National Health Commission (2022–2023) and contributed to state and national advisory groups, including the NEDC Treatment Strategy Group that developed Australia's 10-Year Eating Disorder Roadmap. She currently serves on the InsideOut Lived Experience Advisory Group. Pheobe continues to draw from both her lived experience and clinical expertise, informing her current PhD on supporting eating disorder clinicians with lived experience.



Alison is a carer advocate, peer support leader, and lived experience professional with more than ten years' experience supporting families affected by eating disorders.

Drawing on her lived experience of caring for a young person through recovery from an eating disorder, Alison is passionate about amplifying the voices of carers and ensuring their perspectives inform treatment, recovery, and service development. She is currently the Carer Peer Coordinator with LUMA's Body Esteem Program and a Lived Experience Coordinator for CAMHS in WA. Alison brings a unique blend of personal experience, peer support expertise, and system advocacy to discussions about eating disorder recovery and the critical role of families and carers.



Shannon (she/her) is a Lived Experience systems educator and advisor providing national leadership across eating disorders, mental health and suicide prevention.

Informed by her lived experience of a longstanding eating disorder, her work spans policy, research, governance, workforce development and system reform. She focuses on key issues facing the eating disorder sector, including access, equity, service responsiveness, complexity, choice and the integration of lived experience. Shannon is the Lived Experience Lead at the National Eating Disorders Collaboration and author of the NEDC Holding Hope Guide, which supports compassionate, person-centred, trauma-informed and rights-based responses to longstanding eating disorders. Across her work, Shannon is guided by dignity, equity and collaboration, with a commitment to ensuring that lived and living experience meaningfully influences policy, services and systems of care.