

Tiegan Holtham (BBS (Hons), MPsych (Clin), CEDC)

Clinical psychologist, The Flourish Collective & Headspace, DARWIN

Tiegan Holtham completed her Bachelor of Behavioural Science (Honours) at Charles Darwin University in 2011. She later relocated to the Gold Coast to undertake a Clinical Master's degree, during which she completed a thesis exploring self-compassion as a protective factor against disordered eating.

Tiegan spent three years working in an eating disorder service within the Gold Coast Child and Youth Mental Health Service (CYMHS) team. During this time, she had the opportunity to present her thesis at the Australia and New Zealand Academy for Eating Disorders (ANZAED) conference and contributed to a clinical case study comparing Family-Based Treatment (FBT) for young people with anorexia nervosa and bulimia nervosa.

She returned to Darwin in 2017 and has since worked across Headspace and The Flourish Collective – a neuro-affirming private practice. Alongside clinical work, Tiegan remains committed to strengthening the Northern Territory's workforce and improving access to effective eating disorder treatment in the Darwin region.

Tiegan played a key role in supporting Headspace to establish a dedicated eating disorder clinician position. She has collaborated with the Primary Health Network (PHN) to bring free, high-quality training in evidence-based therapies to the Northern Territory. She also lectures in the Master's program at Charles Darwin University and founded the Eating Disorder Professionals Network.

Tiegan continues to work clinically with clients of all ages experiencing an eating disorder and their loved ones.

To volunteer for EDGI2, head to edgi.org.au or email edgi2@qimrberghofer.edu.au.

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To coordinate an interview with Tiegan Holtham, please contact:

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