

# Binge Eating Disorder Program

Specialised evidence based program for people struggling with binge eating disorder and associated behaviours and symptoms.

## Who is the program for?

The program is suitable for anyone over the age of 16, with a diagnosis of Binge Eating Disorder (BED). Participants are encouraged to adopt a curious and compassionate approach to understanding the maintaining factors of Binge Eating Disorder in a group work environment.

## Program content

The goals of the Binge Eating Program are to:

- Assist in the development of skills and increase awareness to interrupt binge eating
- Establish healthy eating patterns
- Identify and restructure faulty thoughts and learn to manage negative feelings
- Develop a positive relationship with ourselves and encourage a sense of empowerment through the recognition and development of internal resources
- Identify more effective coping strategies

### About the program

The program is made up of a multidisciplinary team who utilises efficacious and evidence-based group therapy, which offers the opportunity for patients to share their experiences as well as draw on the collective strength and knowledge of the group and others, under the following structure:

- Supported meals
- Dietitian assessment and input
- Therapeutic groups including modules of CBT, DBT and ACT
- Art Therapy

### When is it held?

The program runs for twelve weeks across three phases.

- **Phase 1: Introduction and preparation**  
Tuesdays 4:00- 9:00pm for 4 weeks
- **Phase 2: Action**  
Tuesday 4:00- 9:00pm for 4 weeks
- **Phase 3: Consolidation and practice**  
Tuesdays 4:00- 9:00pm for 4 weeks

### How to join

Patients interested in attending this program will need a referral to a psychiatrist with admission rights to Robina Private Hospital.

### How much does it cost?

Patients are admitted as a day patient and, as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Robina Private Hospital.

Robina  
Private Hospital

