

# Eating Disorder Program for Adolescents and Adults

Intensive evidence based treatment delivered by an experienced multidisciplinary team

## Who is the program for?

Those over 14 years with a diagnosis of Anorexia Nervosa; Bulimia Nervosa; Other Specified Feeding or Eating Disorder (OSFED) or Unspecified Feeding or Eating Disorder and their families and carers. Appropriate when the patient does not require inpatient care, but needs more intensive support than offered by usual outpatient treatment. It may also facilitate earlier discharge from inpatient care as a step down, day patient option.

## Program content

The program utilises efficacious and evidence based treatment of Eating Disorders under the following structure:

- Supported meals and social eating
- Medical monitoring
- Therapeutic groups (e.g. Cognitive Behavioural Therapy - Enhanced 'CBT-E', Perfectionism, Cognitive Remediation Therapy 'CRT', Self Compassion)
- Parent and carers participation
- Art therapy
- Individual psychiatric sessions
- Dietitian sessions

### About the program

Normalisation of eating and returning to healthy eating and weight are the ultimate goals of treatment. Group therapy offers the opportunity for patients to share their experiences as well as draw on the collective strength and knowledge of the group and others.

The purpose of the program is to provide intensive treatment over a short period of time helping patients get back on track, challenging unhelpful thinking and eating disorder behaviours, and improve health and functioning. Treatment are aimed to focus on practicing existing strategies and learning new skills required to progress recovery with the additional support of the eating disorder multidisciplinary team. It also addresses elements of the patients general functioning.

### When is it held?

Weekly from Tuesday to Friday (except public holidays) from 9:00am to 2:00pm for eight weeks. Frequency of attendance reduces over this period, with an initial commitment to attend 25 designated days as per the program schedule over the eight weeks. Snacks and lunch are provided.

### 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 or Workcover. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Robina Private Hospital.

