

# Binge Eating Disorder Program for Adolescents and Adults

The program is suitable for anyone over the age of 16, with a diagnosis of Binge Eating Disorder (BED) who has a desire to adopt a curious and compassionate approach to understanding the maintaining factors for Binge Eating and associated behaviours and symptoms.

## Program content

The program is made up of a multidisciplinary team who utilises efficacious and evidence-based treatment under the following structure:

- Supported meals
- Medical monitoring
- Dietetic input
- Psychiatric reviews and input
- Therapeutic groups
- Art Therapy
- Parent and carers participation

## About the program

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. This program aims to assist in the development of skills and increase awareness.

- To interrupt binge-eating
- To establish healthy eating patterns
- To identify and restructure faulty thoughts and learn to manage negative feelings
- To develop a positive relationship with ourselves
- To identify more effective coping strategies

## When is it held?

The program runs weekly on a Friday for 12 weeks from 8:45am to 2:30pm. Lunch and morning tea is provided.

## How much does it cost?

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

## How to join

A referral from an admitting Psychiatrist is required to access Robina mental health day programs. If required, a mental health assessment will be arranged prior to commencing a program.

If you would like more information please don't hesitate to contact us. All enquires and referrals can be directed to the Day Program Coordinator on 07 5665 5144 or send an email to [robinadaypatients@aurorahealth.com.au](mailto:robinadaypatients@aurorahealth.com.au)

