

Eating Disorder Program for Adolescents and Adults

The program 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

- 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?

The program runs daily Tuesday-Friday for 8 weeks/25 days 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

