

# Binge Eating Disorder Program for Adolescents and Adults

Intensive evidence based treatment delivered by an experienced multidisciplinary team

## Who is the program for?

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 for eight weeks across two phases.

Phase 1 Two afternoon/ evening sessions per week for the month:  
Tuesday and Wednesday sessions 4:00pm - 9:00pm

Phase 2: One-afternoon/ evening session per week for the month  
Tuesday session 4:00pm - 9:00pm

### How to join

Patients will need to obtain a referral from any medical practitioner (e.g. General Practitioner, Paediatrician, Psychiatrist).

### How much does it cost?

Patients are admitted as a day patient and as such, can claim it via their health fund. All funds have different rules. Robina Private Hospital Day Programs staff will advise if any out-of-pocket excess or gap costs are applicable.

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