

Brief BEeT

Binge eating eTherapy

**HEAD TO
HEALTH**

INSIDEOUT
Institute for Eating Disorders

Welcome to BEeT - the four-week Brief eTherapy program supporting people who are living with binge eating and/or purging eating-related behaviours.

BEeT has been developed by researchers at the InsideOut Institute at the University of Sydney and is being run alongside Head to Health.

This handout gives you some information about what you can expect and how BEeT works.

What next?

1. You will receive an email from InsideOut with a link to book in a time to chat with one of their clinicians. They will ask you some questions about what you have been experiencing and make sure that the program will be helpful for you.
2. You will then receive a consent form (which will include a parental consent form if you are younger than 17 years old). You'll also get some more information outlining what the therapy will involve and what consent means.
3. You need to book an appointment with your GP and let them know you are doing the program. If you do not have a regular GP, or you prefer not to involve your regular GP, check with your headspace team for any recommendations on other GPs in your area.

Getting started

1. When InsideOut has your forms, you'll be emailed your login details and begin with some online questions to answer. These will take around 20 to 30 minutes and help to guide your progress through the program. The program is made up of four modules - we recommend you login in and complete one module per week (it should take about an hour). You can do this at any time that suits you - we suggest that you do it somewhere private and give yourself space and time for thinking.
2. You will have a weekly 30 minute zoom session with an InsideOut support person. They are there to help you with your online modules. They can answer questions, help your learning and help if things feel hard. You can choose a session time that suits you at the start of the program. This will be the same time each week and includes one introduction session and sessions for each module.

I've finished the program, now what?

Congratulations! Everyone's next steps will be different, and you'll have the chance to talk to your InsideOut support person about how you've found the program in your last session. Then you'll work with your headspace clinician to help decide on your next steps.