

Brief BEeT

Binge eating eTherapy

HEAD TO
HEALTH

INSIDEOUT
Institute for Eating Disorders

Is my client eligible?

What:

Brief BEeT is a brief, four-session, supported, online eTherapy for binge-eating that can be utilised as a waitlist treatment before commencing face-to-face sessions or employed as an adjunct to ongoing treatment for co-occurring issues.

Who:

This program is aimed at people who might be experiencing mild to moderate symptoms of binge-eating disorder and/or bulimia nervosa. Specifically, this would involve some frequency of binge-eating episodes and/or compensatory behaviours.

Please check eligibility below before referral, this will also be reviewed by InsideOut & GP.



Eligibility checklist:

- ◆ Some frequency of binge-eating and/or compensatory behaviours (i.e., purging, laxative use, or over-exercise).
- ◆ Not underweight.
- ◆ 14 years and over.
- ◆ Have access to internet, and digital device with a video camera.



Exclusion checklist:

- ◆ Not known to meet DSM-5 criteria for: Anorexia nervosa, other specified feeding and eating disorder (i.e., atypical anorexia nervosa), or avoidant/restrictive food intake disorder.
- ◆ Current risk of suicide, suicidal ideation, plans or intent or self-harm behaviours.
- ◆ A history of psychosis.
- ◆ Serious medical instability.
- ◆ Currently using stimulant medication.

How:

1. Check the eligibility criteria above. If you think your young person is eligible and could benefit, we encourage you to discuss this program with them.
2. Inform them that if they are eligible for the program, they will need to chat with their GP to get their sign off before commencing the program to ensure their medical safety.
3. To refer, gain verbal consent from them (and their parent/guardian if 17yrs and under).
4. Then refer the young person to the InsideOut Institute for assessment and eligibility confirmation.

Note: Young people should see their GP and get this approval after InsideOut Institute confirms assessment and eligibility.

Online referral portal: <http://eclinic.insideoutinstitute.org.au/referral-form>

Ask the clinical lead for your centre login and password.

If they do not have one, they can email us at headtohealth@insideoutinstitute.org.au