

Individualised Intensive Outpatient Program for Eating Disorders

The IIOOP is a program that is designed to support you with active recovery. This means that you will work on goals including:

- Restoring to and/or maintaining a healthy weight
- Reducing or eliminating eating disorder behaviours
- Addressing the factors that have kept the eating disorder going (for example, building your capacity to tolerate distress, fostering self-compassion, gradually facing anxiety-provoking situations, building confidence and skills to manage your nutritional needs)
- Building a life and an identity that is free of the eating disorder.

As part of the program, you will be asked to:

- Attend all sessions as per your treatment plan
- Complete any meals or snacks during meal support
- See your GP for medical monitoring
- Guarantee your safety and not engage in any self-harm behaviours

Enhanced Cognitive Behaviour Therapy (CBT-E) Stream

We are excited for you to join our Cognitive Behaviour Therapy Stream of the Individualised Intensive Outpatient Program (IIOOP). Please read the information below for a rundown of what to expect.

Cognitive Behaviour Therapy (CBT) is an evidence-based treatment for eating disorders. It is an action-oriented, collaborative therapy approach – this means that you will be asked to complete tasks between sessions, such as monitoring your eating patterns and trying out new skills. CBT for eating disorders focuses mainly on addressing beliefs, thinking patterns and behaviours that are maintaining your eating disorder. As you have probably guessed, CBT is hard work. It involves actively making changes, taking steps outside of your comfort zone and sitting with some anxiety. Research shows that if you are able to persist with CBT treatment, there is a good chance that you will recover from your eating disorder.

The CBT-E Stream involves engagement in the following for 8 weeks:

- CBT-E Group
- Meal Support
- Cooking Session
- Nutrition Group
- Review Group
- Individual check in with primary clinician

Each of these groups address different aspects of your eating disorder recovery. You and your primary clinician have discussed the groups you will be attending. It is important that you commit to attending the identified groups for the duration of your time in the IIOOP.

An example timetable for the CBT-E Stream of the IOP:

Weeks 1-4

	Monday	Tuesday	Wednesday	Thursday	Friday
Review Group					9:00-10am
Meal Support				12:00-1:00pm	
Check-in with primary clinician				1.00-1.30pm	
Cooking Session			12-2.30pm		
Nutrition Group		3:00-4:00pm			
Group snack support	2:30-3:00pm				
CBT-E Group	3:00-4.30pm				

Weeks 5-8

	Monday	Tuesday	Wednesday	Thursday	Friday
Review Group					9:00-10am
Meal Support				12:00-1:00pm	
Check-in with primary clinician				1:00-1.30pm	
Nutrition Group		3:00 – 4:00pm			
Group snack support	2:30-3:00pm				
CBT-E Group	3:00-4.30pm				

Facilitators: Cindy Tran (Clinical Psychologist), Jessica Aradas (Clinical Psychologist), Tara Trewartha (Clinical Psychologist), Jessica Ross (Occupational Therapist), Hugo Muecke (Clinical Nurse Consultant), Katherine Unicomb (Dietitian)

Location: Peter Beumont Non-Admitted Eating Disorders Service, Ground Floor, Professor Marie Bashir Centre, RPAH

Phone: 9515 1430

We look forward to working with you and having you in the program 😊