FREE EATING DISORDER MOTIVATIONAL GROUP

The Peter Beaumont Eating Disorder Ambulatory Service is running a free motivational support group for people with eating disorders. The focus of the group will be on understanding motivation and motivation for recovery, developing insight into the pros and cons of change, and how to facilitate change.

The program is designed for people who:

* Have a diagnosis of an eating disorder
* Are wanting support with motivation for recovery and recovery behaviours
* Are able to commit to 6 weekly group sessions
* Are medically stable
* Are able to seek a GP/psychiatrist referral to the group and see their GP for ongoing physical check-ups for the duration of the program

The group will be run on a Wednesday morning from 10:30am – 12pm, for a period of 6 weeks. The sessions will be run by a Clinical Psychologist and Clinical Nurse Consultant within the RPA Eating Disorders Ambulatory Clinic. New patients of the service will need to attend an assessment session prior to starting the group.

We are now taking new referrals. If you are interested, please speak to your GP or psychiatrist and obtain a referral to the RPA Eating Disorder Outpatient Clinic Motivation Group. Please note numbers are limited.

To register your interest in this group please contact:

Natasha Herbert, Peter Beumont Eating Disorder Service, SLHD

Ph: 9515 1430

For information on how to complete a new referral, visit:
<https://www.slhd.nsw.gov.au/MentalHealth/Services_eating.html>