

FREE EVIDENCE-BASED GROUP TREATMENT FOR EATING DISORDERS

Information for referrers and potential participants

Q: What group treatment programs are available at the Peter Beumont Eating Disorders Non-Admitted Service?

A: The Intensive Outpatient Program (IOP) provides a step-up in care from individual outpatient treatment or a step-down from inpatient treatment. Within IOP, the Motivational Enhancement Therapy Group is for people who are undecided about actively moving towards eating disorder recovery while the Cognitive Behaviour Therapy Group program is an intensive 8-week intervention designed to assist people who are ready to make change.

Q: What is the inclusion criteria for the Intensive Outpatient Program?

A: These programs are suitable for people residing in NSW who are 18 years and older, who have an eating disorder, who have engaged in treatment for their eating disorder but who remain stuck and would benefit from a step-up in their care, who are medically stable and are willing to see their GP for regular medical monitoring, and who are able to commit to the tasks of the programs (attendance, completion of tasks between groups, etc.).

Q: Does the person need to stay engaged with their existing clinicians?

A: Yes. Our group programs are adjunctive to individual therapy. Moreover, our groups are time-limited. A condition of engaging with our group programs is to have and remain engaged with an individual therapist/ psychologist.

Q: Who delivers these group programs?

A: The programs are delivered by the multidisciplinary team at Peter Beumont Eating Disorders Non-Admitted Service which includes a Psychiatrist, Clinical Psychologists, an Occupational Therapist, a Dietitian and a Clinical Nurse Consultant.

Q: Are the IOP group programs being delivered via teleconference or in person?

A: The Motivational Enhancement Therapy Group is being delivered via Zoom. The Cognitive Behaviour Therapy Group is operating under a hybrid model. All groups are being delivered via Zoom while meal support and weekly review sessions are in an individual format and occur in person. Should geographical location be an issue, all components of the CBT Group can be delivered online – this is subject to assessment.

Q: What are the contraindications for engagement with our group programs?

A: If the person is medically unstable, is not linked in with an individual therapist, is not able to guarantee their safety, or has unmanaged drug and alcohol use challenges, they are not likely to benefit from engagement with our group programs at this time.

If you would like further information, please contact:

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For information on how to complete a referral, visit:

https://www.slhd.nsw.gov.au/MentalHealth/Services_eating.html