



Consumer information

Intensive Outpatient Program (IOP)

Peter Beumont Eating Disorders Service

The Peter Beumont Eating Disorders Service is a statewide service dedicated to supporting adults on their journey to recovery from eating disorders.

The Intensive Outpatient Program (IOP) has two options for people who are presently engaged in eating disorder treatment and would benefit from additional support.

❖ **OPTION 1: IOP-CBT (Cognitive Behavioural Therapy)**

This 8-week small group program is action-focused and designed to help you set meaningful goals and take steps towards lasting change. Group therapy may feel intimidating at first, but it often becomes a powerful source of connection, support, and healing.

To attend the program, you will need to:

- see your regular therapist and GP throughout the program
- be well enough to remain out of hospital for the treatment
- be able to attend the following timetable, which is mostly delivered by Telehealth.

Day	Time	Group	Modality
Monday	9:15am -10:15am	Planning group	Telehealth
	12.00pm-1.30pm	Cooking group + meal support (Sydney metro consumers only)	In-person
Tuesday	9:15am-10:15am	Nutrition group	Telehealth
Wednesday	2:30pm-4:30pm	Snack meal support group + CBT skills group	Telehealth
Thursday	9:15am-10:15am	Review group	Telehealth
Attend a 90-minute, weekly, individual meal support and check-in with your IOP primary clinician. The day and time to be agreed with your IOP primary clinician.			In-person (Sydney metro consumers only) or Telehealth (Outside Sydney metro)

❖ **OPTION 2: IOP-MET (Motivational Enhancement Therapy)**

It is not uncommon for people with eating disorders to feel hesitant about change, and most people who engage in IOP-CBT continue to feel some of this ambivalence. However, if you would like extra support but are not yet ready to commit to the IOP-CBT group, we can offer five individual sessions. During these sessions, we will explore the barriers you are experiencing that may make you feel stuck or scared to engage in active treatment.

You will need to see your regular therapist and GP throughout these sessions.

IOP is not an acute crisis service.
It is important that you continue seeing your usual treatment team.

Frequently Asked Questions (FAQs)

Q1. Who is IOP appropriate for?

A person who is:

- already in treatment for an eating disorder and wants to make more change
- living in NSW
- well enough to remain out of hospital for the treatment
- able to engage in treatment as an independent adult

Q2. Who is in the IOP-CBT group treatment team?

We have clinical psychologists, dietitians, an occupational therapist, mental health nurse, and a psychiatrist on our team.

Q3. What type of eating disorders does the service provide treatment for?

The service can provide treatment to individuals diagnosed with a range of eating disorders, including Anorexia Nervosa, Avoidant Restrictive Food Intake Disorder (ARFID), Binge Eating Disorder, Bulimia Nervosa, and Other Specified Feeding or Eating Disorder (OSFED).

Q4. Do I need to attend individual appointments in-person?

If you live in metropolitan Sydney, your individual appointments will be in-person at the Professor Marie Bashir Centre, Royal Prince Alfred Hospital. Telehealth appointments are an alternative for those who live outside of metropolitan Sydney.

Q5. How can I access the service?

Speak with your local treatment team about referring you to the Peter Beumont Eating Disorders Service via rpa virtual Eating Disorders Connect (vE-Connect) on 1800 443 833 (Monday to Friday 8:00am to 8:00pm).

Q6. How much does the treatment cost?

There is no out-of-pocket cost if you are a Medicare card holder. Fees apply if you do not have a Medicare card or for those who are not eligible for Medicare benefits.

Q7. What happens after I am referred to the service?

If your referral is accepted, a team member from the Peter Beumont Eating Disorders Service will contact you to arrange an assessment appointment and collaboratively whether the program meets your needs.

Q8. What are the non-negotiables of the IOP-CBT group program?

To make sure your time at the IOP-CBT group is helpful for your recovery, the following are non-negotiable aspects of the program:

- Attendance to all groups and sessions
- Monitoring your food, thoughts, feelings and behaviours in real-time
- Working towards an individualised goal regarding weight restoration and/or nutritional adequacy, and a better relationship with eating
- Completion of homework tasks between groups
- Refraining from treatment-interfering behaviours
- Completing meals and snacks during meal support

Q9. Can I choose when I start the program?

There is a waitlist to start the IOP-CBT group program, and a team member will contact you when a position in the program is available.

Q10. What happens after I complete the program?

After completing the program, you will be offered a review appointment four weeks later to reflect on your engagement and discuss the next steps.

Q11. Where can I get more information if I have questions about IOP?

Please contact the Team Leader for Non-Admitted Services, Peter Beumont Eating Disorders Service, Sydney Local Health District. Phone: (02) 9515 1430, Email: SLHD-MPUPsychiatry@health.nsw.gov.au