

Eating Disorders Recovery Day Program

A group therapy program for patients
with Eating Disorder's



NEW FARM
CLINIC

What is the Eating Disorder Day Program?

Day patient programs assist in containing disordered eating behaviours and facilitate weight gain.

It assists with transition from in-patient treatment to the community.

The day program will use a variety of treatment methods to optimise treatment outcomes.

Why do we use Group Therapy?

The eating disorder day program offered by New Farm Clinic is conducted in groups. Group therapy has been proven to be effective for the following reasons:

1. Shared Experiences:

Sharing perceptions and reactions in a group setting allows individuals to see they are not alone in the way they are affected by their problems and that other people have problems of a similar nature

2. Relatedness

It can be overwhelming for an individual to manage in the home setting and a feeling of isolation can emerge. Group therapy can help to foster a sense of relatedness as patients meet others who also need help in managing eating behaviours

3. Support

The eating disorder day program provides support in many ways such as showing genuine concern and providing encouragement to overcoming difficulties and managing change

4. Education & Skills Training

The eating disorder day program will offer a psycho-educational approach to the treatment of eating disorders and the maintenance of good mental health. Experienced therapists not only explain the processes involved in the maintenance of mental health problems, but also teach proven treatment methods to lessen the emotional consequences of eating disorders

5. Peer Feedback

The group approach to the treatment of eating disorders provides an opportunity for constructive feedback from peers and is a valued component of the therapy experience

What does the Eating Disorder Day Program consist of?

- Assessment & Group Allocation
- A 1½ day support program for patients in the Recovery Group
- A 2½ day support program for patients in the Transitional Group
- 8-10 patients in each group
- Average 4-6 month admission to group
- One to one sessions with a psychologist

When will the Program be held?

- Recovery & Transitional Group. Monday 8.30am-2.00pm including morning tea and lunch.
- ½ Day Recovery Group. Wednesday 7.30am – 11.00am including breakfast and morning tea.
- ½ Day Transitional Group. Wednesday 11.30am – 3.00pm including lunch and afternoon tea.
- Transitional Group. Friday 8.30am – 2.00pm including morning tea and lunch.

Aims of the Program are to:

- Facilitate the assessment of treatment needs (physical, psychological and psychosocial)
- Facilitate the recovery process in what can be a long-term disorder
- Increase/Consolidate motivation
- Normalise eating behaviours away from the in-patient setting
- Identify triggers to maladaptive eating behaviours and distressful emotions
- Develop alternative strategies to manage distressful emotions and challenge maladaptive behaviours
- Prevent relapse

Program content includes:

- The nature of eating disorders
- Nutritional information
- Guided exercise
- Practical eating activities (exposure)
- Understanding barriers to change
- Increasing readiness to change
- Taking steps towards change
- Identifying and using strategies to prevent relapse
- Homework exercises
- Developing support networks
- Emotional management
- Physiotherapy
- Dietician
- Expressive Movement Therapy
- Doctor Sessions

New Farm Clinic is a fully accredited private acute psychiatric hospital offering a wide range of health fund approved treatment programs for both inpatients and day patients

The services are designed to maximise recovery from mental health problems and to maintain good mental health

To learn more about the program please ring: Tel: 07 3254 9100 or, Email: enquiries.nfc@ramsayhealth.com.au



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