

Ramsay Clinic Wentworthville

Eating Disorders *Day Program*



The objective of day programs is to deliver group therapy that provides patients with the skills and support to help improve the quality and enjoyment of life and break the cycle of relapse and therefore the need for hospitalisation.

Aim

Our program is designed to meet the needs of individuals suffering from Anorexia Nervosa, Bulimia, EDNOS and Binge Eating Disorder, as they begin to change and challenge eating disordered thoughts and behaviours, removing the restrictions that these place on their lives.

Criteria

- Referral from GP (Outpatients only)
- Assessment and ongoing review by Psychiatrist at Ramsay Clinic Wentworthville

Structure

The program provides:

- Ongoing emotional support
- Review of Cognitive Behavioural strategies
- Management of symptoms
- Social connection and maintenance of community involvement
- Enhance recovery and relapse prevention
- Increase self-awareness and insight
- Assess and cope with high risk situations
- Make and maintain lifestyle changes
- Healthy eating patterns are established
- Skills are taught to cope with unhelpful thoughts, behaviours and emotions
- Family and other supports are encouraged in the recovery
- Gradually learning skills to eat in settings that are part of their normal life

Duration

Length of involvement is dependent on the individual's needs and is assessed regularly.

For further information or to make a referral please call the Allied Health Manager on 02 8833 2200

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