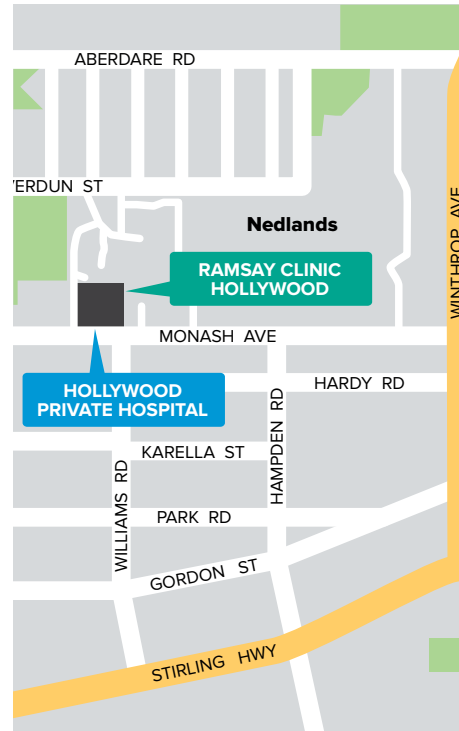


Privacy and Confidentiality

All patient information is confidential. Your health record remains the property of Hollywood Private Hospital. Hollywood Private Hospital must comply with the Ramsay Health Care Privacy Policy and the Privacy Act 1988 (Cth) in its dealings of an individual's personal information. The privacy policy is available to patients and visitors. Please speak to one of our staff should you wish to obtain a copy.

For further information, please contact the Privacy Officer on (08) 9346 6224



A multi-storey car park is conveniently located opposite Ramsay Clinic Hollywood, off Entrance 5 on Monash Avenue. Please visit ramsaymentalhealth.com.au/hollywood for detailed parking information and current pricing.



**Ramsay
Mental Health**

Ramsay Clinic Hollywood
Entrance 5, Monash Avenue
Nedlands WA 6009

Ph: 08 9346 6803 – Fax: 08 9346 6829
ramsaymentalhealth.com.au

People caring for people

Binge Eating Disorder *Program*



**Ramsay Clinic
Hollywood**
ramsaymentalhealth.com.au


**Ramsay
Mental Health**

Binge Eating Disorder accounts for almost half of all eating disorder diagnoses. Binge Eating Disorder is a very real and confronting eating problem. This disorder is characterised by repeated episodes of consuming an objectively large amount of food, and is usually associated with the feeling of being out of control during that time.

A binge episode is often accompanied by:

- eating rapidly
- eating until uncomfortably full
- eating in the absence of physical hunger
- eating alone or in secret
- a sense of self-disgust, shame or guilt.

Introduction

Binge Eating Disorder can cause significant distress and a sense of lack of control over how, when and what food is eaten. As a result, this can often lead to unwanted weight gain and this in turn creates further distress and a desire to restrict food intake, which in turn fuels binge eating behaviour. This cycle of wishing to limit food intake, but feeling unable to do so can lead to feelings of intense shame, guilt and low self-worth. Binge Eating Disorder is a term that is relatively new, but the difficulties that people experience as a result are very real. Binge eating is often done in secret, and this secrecy and isolation from family and loved ones can be an important factor in maintaining the disorder over the long term. Seeking professional help can assist in reducing the severity and frequency of binge episodes, and help to break free from the dieting-food restriction binge cycle.

The Program

Co-facilitated by a psychologist and dietitian, the Binge Eating Disorder Program at Ramsay Clinic Hollywood uses up to date evidence-based psychological and dietetic treatment to break the cycle and develop a healthy relationship with food. This is the first comprehensive combined inpatient/outpatient treatment program for Binge Eating Disorder in Western Australia.

Staff

We understand that Binge Eating Disorder impacts many different aspects of life, and as a result, our multi-disciplinary team guides recovery from a range of perspectives. The team is comprised of a consultant psychiatrist, nursing staff, psychologist, dietitian, and exercise physiologist. Participants in the Binge Eating Disorder Program also benefit from collaboration between the treatment team and the referrer regarding progress and management of ongoing care, if appropriate.

Format

This program consists of three phases of treatment over nine weeks, designed to guide recovery from the beginning to end. The program provides participants with the skills, knowledge and support to reduce binge eating and cultivate a healthy relationship with food.

- Phase One: Eight day inpatient stay at Ramsay Clinic Hollywood
- Phase Two: Twice weekly evening group therapy sessions for four weeks
- Phase Three: Once weekly evening group therapy session for four weeks

The inpatient component of this program is designed to break the cycle of binge eating and reintroduce regular eating routines in a therapeutic environment. Participants receive individual assistance from the dietitian during this time to ensure that meal

plans address specific needs. There are also daily relaxation and gentle exercise to complement the daily psychotherapy program.

The day program component runs over eight weeks. It is based on the current gold standard for eating disorder treatment, Cognitive Behaviour Therapy (CBT). It also incorporates features of Dialectical Behaviour Therapy (DBT) to assist in managing difficult thoughts and feelings. The program also covers topics to improve general well-being, such as self-worth, goal setting, and body image.

This therapy program is complemented by ongoing specialist dietetic input. This includes education about the role of different nutrients in the body, along with building confidence in making healthful food choices. Supported meals form an important part of both the inpatient and day program content, as an experiential component of treatment. This provides an opportunity to challenge unhelpful food rules and habits and apply new skills and knowledge in a supportive environment.

Eligibility/Referrals

The program is for adults experiencing eating difficulties that are consistent with a diagnosis of Binge Eating Disorder. Each prospective participant is invited to telephone the clinic for more information, or attend an assessment to establish whether the program suits their needs. Participants can be referred by their general practitioner or psychiatrist. To be eligible for the program, participants will need to have private health insurance.

Please direct referrals and requests for further information to:

Triage Nurse

Ramsay Clinic Hollywood
Hollywood Private Hospital
Monash Avenue, Nedlands WA 6009
Telephone (08) 9346 6801 Fax (08) 9346 6829
Monday to Friday 8.00am to 5.00pm