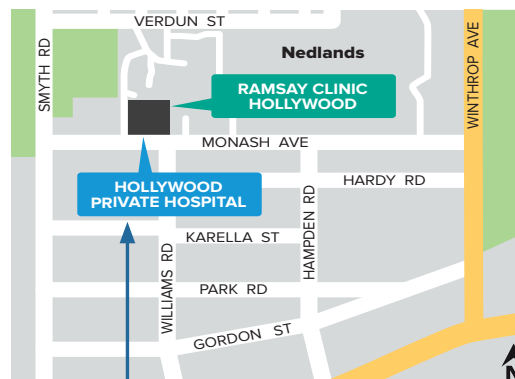


Further Information, Referrals and Assessment

Enquiries about the program can be made to:

The Eating Disorders Program Coordinator
Ramsay Clinic Hollywood
Hollywood Private Hospital
Monash Avenue, Nedlands WA 6009
Telephone (08) 9346 6801



Ramsay Clinic Hollywood is located here

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

Eating Disorder Day *Program*



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


**Ramsay
Mental Health**

Eating Disorder Day Program

Introduction

Eating disorders, such as anorexia nervosa and bulimia nervosa, are serious and potentially life threatening mental and physical illnesses. Disordered eating can significantly impair physical, psychological and social wellbeing.

Those who experience eating disorders may suffer for many years and often do not seek treatment despite the distress, pain and health risks they endure.

Evidence supports that the sooner treatment is commenced for an eating disorder, the shorter the recovery process will be. Seeking help early is much more effective than waiting until the illness is in full swing.

Left unattended to, eating disorders such as anorexia nervosa and bulimia nervosa continue to create long term difficulties and present a significant mortality risk. Indeed, anorexia nervosa has the highest mortality rate of any psychiatric illness. Effective treatment, coupled with personal commitment, is the key to recovery.

Our day patient programme offers a high level of support to people living with an eating disorder to enhance motivation and develop skills, knowledge and resources to arrest unhelpful eating behaviours and attitudes, and to continue the journey of recovery.

The Program

The program runs daily and offers an evidence-based and experiential approach to therapy. Supported meals are all provided and many therapy groups also have an experiential component, with regular food preparation and outings forming an integral part of the treatment approach.

Uniquely, this program also offers regular individual dietetic appointments for each patient to monitor food choices and set eating plans based on individual need.

Cognitive behavioural group therapy assists patients to learn how to manage unhelpful thoughts, feelings and behaviours. Goal setting, emotion regulation and problem solving skills are also important components of the treatment package.

An individual attendance schedule will be devised for each patient based on their level of need, but it is recommended that patients attend for a minimum of two days per week to benefit from this treatment.

Assessment

Each prospective patient will undergo an assessment with the program coordinator in order to establish whether this program is suitable for their individual needs and to develop a treatment agreement.

Staff

The program is facilitated by a multidisciplinary team that may comprise of a consultant psychiatrist, psychologists, dietitians, art therapist and nurse therapists.

The program also benefits from ongoing collaboration between the treatment team and the referring doctor to regularly monitor the patient's physical health during the course of the program.

Confidentiality

All patient information related to treatment outcomes is confidential. Medical records remain the property of Hollywood Private Hospital.

The hospital complies with the Privacy Act Amendment 2001.

Clinic Staff

The program is facilitated by a team of Psychologists.

Eligibility/Referrals

Patients can be referred by their general practitioner or psychiatrist.

Those eligible include:

- Patients with private health insurance
- Entitled veterans or widow/ers
- Self-funded patients