



# **Victorian Eating Disorders Treatment List 2011**

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Every effort is made to ensure the accuracy of entries on this list, however, please check details with individual agencies. We would appreciate being informed if you find any changes or additions. **Inclusion of a service on this listing is not equivalent to an endorsement by EDV.**

## Treatment options

Understanding the treatment options for a person with an eating disorder can be a bit bewildering. People with eating disorders may be treated in different settings and there are different levels of care depending on the type of eating disorder and perceived severity of the problem. There are often a number of different health professionals involved in one person's treatment and care. There are also many different types of treatment therapy used.

While there is evidence that some approaches are more likely to be effective with certain age groups or particular types of disorder, it is important to remember that there is no one treatment method which has been shown to be effective for all cases of eating disorders. Different therapies and treatment plans may be effective for different people, depending on the age of the person experiencing the eating disorder, the stage of the illness, the type and severity of the eating disorder, the underlying causes, and many other factors.

When trying to work out the best option to follow, it is advisable to be as widely informed as possible and to be aware of all your options. The relationship that is formed between the person with the eating disorder and the clinician or therapist is very important, and some therapists and patients suit each other better than others, so this may need to be taken into account. You need to know what is available in the public health sector and what treatment methods are only available privately.

It is wise to remember that eating disorders tend to be long-term conditions and treatment may be going on for a long time. Therefore you should be aware of the costs of different treatments and therapies. You may also wish to think about the locality of the treatment centre or therapist, and how far you will have to travel each time treatment is required.

Eating Disorders Victoria does not provide assessment, diagnosis or treatment. However we do keep information on all public and private treatment services in Victoria as well as a database of health professionals who have registered with us as having an interest or specialising in eating disorders.

**This document is a list of all Victorian eating disorder services both private and public.**

**For referrals to health professionals** contact the EDV Helpline on 1300 550 236 / 9885 0318 [help@eatingdisorders.org.au](mailto:help@eatingdisorders.org.au) The Helpline operates from Monday to Friday from 9.30am to 5pm.

**Practitioner types include:** GP's, Paediatrician, Psychologists, Psychiatrists, Psychotherapists, Dieticians, Dentists, Counsellors, Family Therapists and Social Workers. Please note that three referrals are provided at random by area and upon request not the whole list. EDFV does not provide recommendations to one practitioner over another. For tips on choosing the right practitioner for you see the "Getting Help" information sheet (available on the EDV website or via the EDV Helpline).

**Please note EDV also has a list of treatment services available in the following areas: Albury/Wodonga, Western Australia & Tasmania.**

## Hospital & Clinic treatment settings

### Inpatient

Inpatient clinics are provided in hospitals and private treatment centers. Patients are admitted to the treatment centre and receive 24-hour care. The location of the inpatient care varies from hospital to hospital. There may be a specialist unit with beds for eating disorder patients; more commonly eating disorder patients are treated in beds within psychiatric wards, or other in-patient wards in hospitals.

Patients who are admitted as inpatients are generally acutely medically unwell and have severe symptoms. Treatment generally focuses first on medical stabilisation, re-feeding and weight restoration. Ideally, once the patient is medically stable (i.e. their life is out of danger); some sort of psychotherapy is usually given as well. However, whether this happens depends on the hospital treatment regime. When the patient is considered well enough, they are normally moved to a day patient or an outpatient program.

### Outpatient

Outpatient treatment is for people with an eating disorder who do not require 24-hour care, but do need ongoing treatment and support whilst maintaining everyday responsibilities, like attending school or going to work. Outpatient treatment can be accessed via hospitals and clinics or privately by accessing your own health professional team. Therapy and support is provided to enable that person to deal with the practical and emotional difficulties caused by their eating disorder, but they must 'go it alone' for much of the day.

### Day patient

For some people, the step from inpatient to outpatient treatment is too great, and these people may benefit from the intermediate level of support provided by a day program. Day programs provide a structured day with supervised or supported meals and eating, along with ongoing therapy during the daytime, up to five days a week, while allowing the individual to live at home and benefit from family interaction overnight and at weekends.

## Mental Health Services

Specialist clinical mental health services in Victoria are provided on an area basis, and are often referred to as **Area Mental Health Services (AMHS)**. They include **Adult Mental Health Services (AMHS)**, **Child and Adolescent Mental Health Services (CAMHS)**, and **Aged Persons Mental Health Services**.

Each of these service categories **provides: inpatient psychiatric services, in addition to a range of residential and other community-based services.**

**For further information** including description of services, access to the service areas and individual maps go to: **[www.health.vic.gov.au/mentalhealth](http://www.health.vic.gov.au/mentalhealth)** or **<http://www.health.vic.gov.au/mentalhealth/services/index.htm>**

## Summary of services

### PUBLIC - via catchment areas only

Catchment areas are highlighted in purple

Alpine, Banyule, Benalla, Booroondara, Darebin, Indigo, Knox, Manningham, Mansfield, Mitchell, Maroondah, Moira, Murrindindi, Nilumbik, Shepparton, Strathbogie, Wangaratta, Whitehorse, Whittlesea and Yarra City & Yarra Ranges.

- **Body Image & Eating Disorder Treatment & Recovery Service (BETRS)**
  - Inpatient
  - Outpatient
  - Day patient
  - Group therapy

**Adult:** Southern region (Inner south east & middle south) & Gippsland Region.

**Adolescent:** South East, Inner Southern & Gippsland Region.

- **Monash Medical Centre**
  - Adult (16+)
    - Inpatient
    - Outpatient
  - Adolescent (18+)
    - Inpatient
    - Outpatient

### Northwestern region (Western Metro & Western Vic)

- **Royal Melbourne Hospital**
  - Inpatient
  - Outpatient
  - Day patient

### Western Metropolitan Region (North West)

- **Centre for Adolescent Health c/o Royal Children's Hospital**
  - Inpatient
  - Outpatient
  - Assessment clinic
  - Health Eating Clinic

Frankston, Mornington Peninsula, part of Kingston, Bayside area bordered by Chelsea/Edithvale, Langwarrin, Hastings, Flinders & Portsea.

- **\*Frankston Hospital (non specialist)**
  - Inpatient

### State-wide

- **Southern Health Butterfly Day program**
  - Day program

### Barwon & Southwestern

- **Eating Disorders Service, Barwon Health**
  - Outpatient

### PRIVATE

- **The Melbourne Clinic**
  - Inpatient
  - Day program
- **The Geelong Clinic**
  - Inpatient
  - Day patient
  - Outreach
- **Mandometer**
  - Outpatient
  - \*Inpatient (available internationally only: Sweden & USA)
  - Mandolean: Mando group for people who are overweight & obese.
- **Recovery is Possible for Everyone (RIPE) for people with Bulimia Nervosa & Binge Eating Disorder**
  - Group therapy
- **Mindful Moderate Eating Group (MMEG) for people with Binge Eating Disorder**
  - Group therapy
- **Melbourne Centre for ISTDP – Intensive short term dynamic psychotherapy for people with an eating disorder**
  - Individual therapy
  - Group therapy

- Melbourne Dialectical Behavioural Therapy (DBT) Centre for people with Bulimia & Eating problems (17+)
  - Individual therapy
  - Group therapy

## Public Services

### Body Image and Eating Disorder Treatment and Recovery Service (BETRS).

Catchment: Available to patients over the age of 16 years living in the local governments areas of Alpine, Banyule, Benalla, Booroondara, Darebin, Indigo, Knox, Manningham, Mansfield, Mitchell, Maroondah, Moira, Murrindindi, Nilumbik, Shepparton, Strathbogrie, Wangaratta, Whitehorse, Whittlesea and Yarra City & Yarra Ranges.

Type of treatment: Assessment, treatment planning, group therapy, day program, inpatient, outpatient and home based meal support.

St Vincent's  
104 Studley Park Road,  
Kew, Vic 3101  
Ph: 9854 1700  
Fax: 9854 1701

Website: <http://www.svhm.org.au/gp/mentalhealth/Pages/mentalhealth.aspx#BETRS>

#### Service Outline

The Austin Health Inpatient Specialist Eating Disorder Unit and St Vincent's Mental Health Services have launched a service for severe body image and eating disorders. The Body Image and Eating Disorder Treatment and Recovery Service (BETRS) will operate from 104 Studley Park Road Kew and have been taking referrals from 13 September 2010. All referrals are through St Vincent's.

**BETRS is particularly aimed at people with anorexia nervosa, but also bulimia nervosa, binge eating and body dysmorphic disorder that have been unable to access the private system because of cost or who need of a second opinion or more intensive treatment.**

**BETRS will always provide an initial assessment and treatment planning period for the patient and their family. The GP will then receive a diagnostic assessment, including severity of the illness, clear statement of risks and prognosis and identification of what may be the most appropriate treatment program.**

BETRS will have the capacity to move patients into the relevant level of care within the BETR service – outpatient, day program or in-patient or link to appropriate community services.

#### Program Information

##### **Day Patient Therapy Program**

The Day Program runs over 3 week days. The hours are 9.45am until 4.00pm. The program is an open, structured group program that supports participants to achieve individually negotiated health restoration goals. The groups focus is on supporting motivation, managing feelings while working on health related goals.

## Group Therapy Program

The group program can be accessed along with other programs or, alternatively as a standalone treatment option.

The following groups are offered over the course of the year:

- Family and carer education and support.
- Bulimia Nervosa group Exploring the cycle of bulimia using a cognitive behavioural therapy approach
- Improving Body Image.
- Motivational Enhancement Group aimed at exploring change and building motivation.
- Understanding Anorexia Nervosa Empowerment through knowledge educational group about the impact of anorexia.
- Severe and Enduring Anorexia group Support group for individuals with an ongoing illness to explore their experience of living with anorexia.

### Referrals:

**All referrals go through a central referral point at St Vincent's on 9854 1700. Ask to speak to the BETRS referral service.**

Inpatient services are provided through the Austin Hospital, Acute Psychiatric Unit. Out patient services are provided through St Vincent's at Corpus Cristi in Kew.

## Monash Medical Centre

Catchment area: **Southern region (Inner south east & middle south) & Gippsland Region**

Type of treatment: **Inpatient & Outpatient**

246 Clayton Road,  
Clayton, Vic 3168.

**Ph:** 9594 6666.

**Fax:** 9594 6111.

**Website:** [www.southernhealth.org.au](http://www.southernhealth.org.au)

### In-patient:

- Assessment, treatment and psychotherapy for people with eating disorders.
- **Age:** 16+
- **Referrals:** self or GP to the Eating Disorders Unit Ph: 9594 1414.

### Outpatient

- Non-urgent outpatient referrals to Dr Patricia Miach, Clinical Psychologist Ph: 9594 1442.
- All other times call Southern Health Psych. Triage on 1300 369 012.

## Adolescent Medical Unit - c/o Monash Medical Centre

Catchment: South East, Inner Southern & Gippsland Region

Type of treatment: Outpatient and Inpatient.

246 Clayton Road,  
Clayton, Vic 3168.

**Bookings:** 9594 2372 / 73

**Clinic:** 9594 2398 / 99

**Fax:** 9594 6925.

Web: [http://www.southernhealth.org.au/page/GPs/Mental\\_Health/Eating\\_Disorders](http://www.southernhealth.org.au/page/GPs/Mental_Health/Eating_Disorders)

**Age:** up to the age of 18

All referrals via Michelle Caughey, Eating Disorder Nurse Coordinator, 9564 4643, 0427 845 623, Fax: 9594 6136.

### Outpatient

- Outpatient services run on a Thursday afternoon and are attended by 2 consultants, adolescent fellow, adolescent resident, dietician and eating disorder nurse coordinator.
- The young person and family will be seen by either their treating consultant (if present) or the adolescent fellow/ registrar. If required they will also see the dietician.
- This clinic is to check on the patient's medical well being. Weight, blood pressure and heart rate will be assessed as well as a general discussion on progress. Referrals to mental health providers can also be made if these have not already been commenced.
- If the patient is deemed to be medically unstable an inpatient admission will be needed. This is not always negotiable especially if the young person has a very low heart rate or blood pressure.

### Inpatient

- There are 6 inpatient medical eating disorder beds at Monash Children's. Inpatient psychiatric care for eating disorders is rare however Stepping Stones (adolescent inpatient psychiatric unit) do have beds if required.
- Inpatient admissions will be on the adolescent medical unit (42N). There is a structured meal plan provided in consultation with the dietician and all meals are supported by nursing staff. While on the ward the young person will be seen by music therapy, art therapy, consultation liaison psychiatry and the school teacher. The admission will be until the young person is medically stable (heart rate, temperature and blood pressure close to normal range) or otherwise decided by the whole treating team (medical and mental health).

**An Adolescent Eating Disorder Assessment Clinic is currently being piloted for clients within the Southern Health catchment area only.** This clinic runs fortnightly on a Monday afternoon. Joint assessments with a paediatrician, a child and adolescent psychiatrist/hospital consultation liaison nurse, and a dietitian occur in

the Department of Child and Adolescent Psychiatry. The assessments take approximately 2.5 hours each.

**Referrals:** Self, GP's, Psychiatrists & other health professionals with a written referral from a GP to come through the Adolescent Medicine Outpatient Clinic and each case is then assessed for suitability for this clinic.

## Southern Health Butterfly Eating Disorder Day Program

Catchment: **State-wide.**

Type of treatment: **Outpatient Day program.**

**Location:** Malvern East

**Health Professionals only, Phone:** Southern Health Psychiatric Triage Service: 1300 369 012.

**Health Professionals only, Phone:** Butterfly Program Direct Number: 9568 4785

**Web:** [http://www.southernhealth.org.au/page/GPs/Mental\\_Health/Eating\\_Disorders](http://www.southernhealth.org.au/page/GPs/Mental_Health/Eating_Disorders)

The Southern Health Butterfly Day Program is a community-based specialised service providing client-centred, holistic support and intervention to individuals suffering from severe and complex eating disorders. The program offers a high level of care to individuals who require more intensive support than can be achieved through outpatient treatment alone.

Through a combination of individual and group therapy, the program's multidisciplinary team works with participants to achieve nutritional rehabilitation and normalisation of eating behaviour. There is also a strong focus on correcting dysfunctional attitudes around food, eating and weight, improving body image and assisting participants to identify, understand and manage issues that have contributed to the development and maintenance of their eating disorder.

The group program operates Monday-Friday from 9:30am-3:15pm, except on Thursdays when the program finishes at 1:45pm. Individual sessions are scheduled at the beginning of the day (i.e. 8:45am) or at the end of the day (i.e. 3:15pm).

**Length of Program;** The Southern Health Butterfly Day Program is an open program and recognises that length of stay in treatment varies depending on the unique needs of individual participants.

To be eligible for the Southern Health Butterfly Eating Disorder Day Program, individuals must meet the following criteria:

- Be aged between 12 and 24 years
- Present with a diagnosis of Anorexia Nervosa, Bulimia Nervosa or Eating Disorder Not Otherwise Specified (EDNOS).
- Have demonstrated an inability to respond to treatment at lower levels of care (e.g. involvement with school counsellor, private psychologist etc.)
- Require more intensive treatment (e.g. 5 days/week) due to the severity of their symptoms, including risk of rapid weight loss which may interfere with social, educational and/or vocational functioning.
- Be willing to attend the program, participate in the assessment process, be involved in treatment planning and engage in group therapy.
- Be physically well enough to attend the day program (decision made by medical practitioner).

Note:

- Co-morbidities and self harming behaviours are not considered exclusion criteria.

Cost: participants are required to contribute \$20 per week to cover the costs of outings and other activities. It is preferable that a lump sum of \$240 be paid in advance very three months, with the first payment requested on the first day of attendance.

The program offers:

1. Group Program
2. Meal Support
3. Nutritional Rehabilitation
4. Key Support Work
5. Medical Support
6. Educational Support

**Referrals:** The day program does not accept referrals directly. All people wishing to access the service must first contact the Southern Health Triage Service on **1300 369012**. The Butterfly Foundation does not facilitate access for sufferers and carers to the Day Program.

- Case Managers can make direct referrals to the Day Program without going through the Psychiatric Triage Service (PTS).
- Private practitioners wishing to refer clients from the Southern Health catchment area must contact the Southern Health PTS on 1300 369 012.
- Private referrals from the Alfred and Peninsula regions can be made by contacting the Day Program directly.
- Private practitioners wishing to refer a client to the Day Program can access the program's contact details through EDV.

## Frankston Hospital (non specialist)

Catchment: Peninsula Health covers communities in the local government areas of Frankston, Mornington Peninsula and part of Kingston. It covers a bayside area bordered by Chelsea/Edithvale to the north, Langwarrin and Hastings to the east and Flinders and Portsea to the south. The catchment area encompasses approximately 900 square kilometres.

Type of treatment: **Inpatient.**

Peninsula Health  
P.O. Box 52,  
Frankston, Vic 3199.

**Phone:** 9784 7670

**Fax:** 9784 7012

**Website:** <http://www.peninsulahealth.org.au/about-us/>

- **Non specialist:** Facility has a paediatric dietician on staff but **does not have an eating disorder program** as such.
- **Children's ward has an eating disorder bed.** Not age specific – dieticians are on staff for adults as well.
- **Referral:** will accept referrals from GPs regarding assessment and inpatient admissions.

## Centre for Adolescent Health,

c/o Royal Children's Hospital Eating Disorders Program.

**Catchment:** Western Metropolitan Region of Melbourne (North West)

**Type of treatment:** Inpatient, Outpatient & Assessment clinic.

2 Gatehouse Street, Parkville, Vic 3052.

**Phone:** 9345 5890 (For further information or referral) or contact Stephanie Campbell, clinical nurse consultant on 9345 6533 or via email on [Stephanie.Campbell@rch.org.au](mailto:Stephanie.Campbell@rch.org.au)

**Website:** [www.rch.org.au/cah](http://www.rch.org.au/cah)

The Royal Childrens Hospital (RCH) Eating Disorders Program is a collaboration between the RCH Centre of Adolescent Health, RCH Integrated Mental Health Programs, The University of Melbourne and The University of Chicago.

The centre provides assessments, consultations and treatment services to young people with a variety of eating concerns and living in the Western Metropolitan Region of Melbourne. The RCH uses a multi-disciplinary team approach to assess and treat young people with eating disorders.

Services provided include: Medical treatment, Nutritional advice, Psychological treatment including Family Based Treatment, Individual psychological treatment and hospital admissions.

The main focus is on outpatient management but when necessary, care and treatment as an inpatient is provided. Attention is also paid to issues that may co-occur with eating concerns such as depression and anxiety. The program works closely with health service providers in the young person's community, and aims to support parents and families.

**Age:** Any age especially those with anorexia nervosa. Anyone from any part of Victoria or Australia is welcome to contact the Eating Disorder Program for advice and referral to relevant services in their area.

### Referral options:

- Contact the CAH reception staff on 9345 5890 and they will advise you of the referral service.
- Referral from health practitioner can be faxed to (03)9345 6343 or posted to the address above.
- Referral form can be downloaded from the website [http://www.rch.org.au/cah/services.cfm?doc\\_id=13464](http://www.rch.org.au/cah/services.cfm?doc_id=13464)

### Further program information:

- **Assessment Clinic:** young person and family members meet a range of health workers for a assessment and treatment plan.
- **Outpatient Family Based Treatment:** provided by primary therapists who are supported and advised by the multidisciplinary eating disorders team. The outpatient assessment and treatment team includes a psychiatrist, paediatrician, psychologists, mental health clinician, clinical nurse consultant and dietitian.

- Inpatient programme: a multi-staged program delivered in the RCH Adolescent Inpatient unit.

## Eating Disorders Service (EDS), Barwon Health

Catchment: Barwon & South Western.

Type of treatment: Outpatient.

15 Pakington Street,  
Geelong West, Vic 3218.

**Phone:** 5279 2754 (Jigsaw Team direct number)

**Fax:** 5275 6051

**Clinician:** Sarah Mitchell (03) 5226 7075

The Eating Disorders Service operates under Barwon Health's Youth Team - Jigsaw. **The service provides nutritional and psychological assessment and management of people predominantly but not exclusively in the 12 – 25 yrs age group, experiencing eating disorders presenting to the service.** The service aims to reduce the duration and/or impact of psychological disturbance by enhancing early recognition and timely appropriate treatment response to people experiencing eating disorders. The Eating Disorders Service offers consultation, assessment and referral service for children, adolescents and adult and offers secondary consult to service and GP outside of the specified age range.

**Eligibility:** people residing within the Barwon region, who have an eating disorder eating and/or meet the criteria for eating disorders.

**Referrals:** Anyone can ring the Jigsaw intake Team on the above telephone number between 8.30 – 5pm Monday to Friday, and speak about making a referral or appointment.

## Royal Melbourne Hospital (North Western Mental Health)

Catchment: Northwest Region (Western metro & Western Vic)

Type of treatment: In-patient, Outpatient and Day Patient programs.

2<sup>nd</sup> Level,  
John Cade Building,  
Grattan Street,  
Parkville, Vic 3050.

**Phone:** Eating Disorder Registrar on 9342 4033.

**Fax:** 9342 8483.

**Website:** [www.mh.org.au](http://www.mh.org.au)

The **Inpatient Program** has 8 beds. Each day is different, running according to the day's program comprised of various therapeutic activities. Restoring medical stability and gaining insight into the complexities of the illness are among the goals of a stay on the inpatient unit.

The **Day Patient Program** is a 10 week program that runs from Monday to Friday during school hours. It is beneficial for those requiring more support and treatment than can be obtained through outpatient or community care. The day patient program can be useful as a transition between an inpatient stay and home. A wide ranging timetable of therapeutic groups provides opportunities to practice confronting unhelpful behavioural patterns and beliefs. The program aims to facilitate patients on their journey to normalise eating and regain freedom around food and nutrition.

**Out Patient Clinic** depending on the patient's physical and psychological health, they may be referred as an outpatient of the Eating Disorders Program. The Out patient Clinic involves medical and dietetic appointments. The service aims to work collaboratively with the patient's private therapists and GP for ongoing care.

## Private Specialist Eating Disorder Services

Eating disorders are generally considered pre-existing illnesses, so people seeking the use of private facilities need to keep possible costs in mind. Not all private services are registered with private health funds for rebates. It is advisable to check directly with individual health insurance companies about insurance coverage. Some psychiatrists accessed through private clinics will 'bulk bill'.

### The Melbourne Clinic

Catchment: Nil

Type of treatment: In patient Clinic, Day patient program and outreach.

130 Church Street,  
Richmond, Vic 3121.

**Phone:** Patient Intake Manager on 9429 4688.

**Fax:** 9420 9351

**Website:** [www.healthscope.com.au](http://www.healthscope.com.au)

#### Eating Disorder Inpatient Program:

This program has 8 beds and has been specifically developed and designed to help assess and treat people with eating disorders. The aim is to provide a safe and trusting environment that fosters the restoration of health and weight, and explores the underlying issues that accompany the illness. This is done by re-feeding, education in the areas of nutrition, individual and group therapy, communication skills, social relationships and practical skills required for daily living. The program is individualised to meet each patient's needs and is staffed by a multidisciplinary team of a dietician, nurses, psychiatrists, social workers and psychologists.

#### The aims of the program are:

- To provide a comprehensive service for eating disordered patients;
- To restore physical health through re-feeding;
- To identify and explore psychosocial factors influencing the illness;
- To allow shorter inpatient stays by providing an integrated transitional program; and
- To provide a range of skills to enable patients to manage a healthy weight range.

**Admission criteria:** over the age of 16 (negotiable) and does not require major medical intervention.

**Referral:** Patient intake manager on 9429 4688.

**Fees:** Private health insurance is recommended.

#### Eating Disorder Day Program:

The Eating Disorders Day Program provides comprehensive treatment for individuals, groups and families, using a flexible range of therapies. The program is individualised to meet each client's needs and is staffed by a multi disciplinary team of health professionals.

The aims of the program are:

- To provide a comprehensive service for eating disordered patients;
- To provide an integrated transitional program from inpatient to outpatient treatment;
- To provide treatment with minimal disruption to daily living and social network; and
- To provide a range of skills to enable patients to manage a healthy weight range.

**Admission criteria:** Admission diagnosis of Anorexia Nervosa, Anorexia/Bulimia Nervosa and, Chaotic Eating Patterns, BMI of 16 and over and age 16 or over (negotiable).

**Referral:** Patient intake manager on 9429 4688.

**Fees:** Private health insurance is recommended.

Please note the Melbourne Clinic also a variety of services and programs that are tailored to meet the needs of people suffering from a range of mental health conditions. Their programs are individually tailored and can be offered on an inpatient or outpatient basis and can also be delivered in a patient's own home.

Other services found at the Melbourne Clinic: professorial unit, drug and alcohol, aged mental health, anxiety and depression program, eating disorders program, intensive care unit.

## **Mandometer Clinic**

In conjunction with the Karolinska Institute based in Sweden

Type of treatment:

**Outpatient.**

\*Inpatient program available in Sweeden & the United States. Mando group program also available for people who are overweight & obese.

412 Bay Street,  
Brighton, Vic 3186

**Phone:** 9596 5718

**Fax:** 9596 5728

**Website:** [www.mandometer.com.au](http://www.mandometer.com.au)

**Email:** [info@mandometer.com.au](mailto:info@mandometer.com.au)

“Mandometer Clinics are the first in Australia to offer treatment for eating disorders according to Sweden's renowned Karolinska Institute's method - the Mandometer Treatment. At Mandometer they focus on how to eat rather than what to eat. They believe that depression and anxiety associated with eating disorders are the *result* of starvation - they are not the cause. The Mandometer program teaches their patients how to eat normally again. Once they re-learn this, their depression and anxiety are no longer present”.

Patients are retrained to attain a normal sense of fullness using a patented, computerised biofeedback device called the Mandometer. This method is supported by thermal treatment, restriction of excessive physical

activity, and social skill rebuilding to restore normal social interactions - all without the use of psychoactive drugs.

The multidisciplinary clinical team supporting the program is comprised of a medical director, pediatrician, psychiatrist, dietitian/nutritionist, social worker, nurses and administrative staff. The case manager is at the centre of the patient's treatment with others supporting and assisting as required.

After a comprehensive medical assessment administered by a doctor, the case manager works with the patient to design an individual treatment plan.

The treatment plan includes a detailed, individualised meal program, short-and long-term goals and expected weight gain, as well as a structured daily schedule for sleep, rest and physical activities. Patients are weighed each week, although during initial stages of treatment they are not informed of their weight.

Antidepressant medications are reduced progressively under a physician's supervision during the first two months of treatment and eventually discontinued. Each individual decides their own short and long-term goals with the support of their case manager.

**Fees:** apply. Private health insurance is recommended.

**Referral:** physician or self.

## The Geelong Clinic

Type of treatment: **Inpatient and day program support.**

98 Townsend Road,  
St. Albans Park,  
Vic 3219.

**Phone:** 5248 1155

**Fax:** 02 5248 4852

**Email:** [tgc@healthscope.com.au](mailto:tgc@healthscope.com.au)

**Website:** <http://www.healthscope.com.au/> (Click on Hospitals, Victoria then Geelong Clinic) or go directly to <http://www.healthscopehospitals.com.au/info/general/Hospital/get/2055/itemId/>

The Eating Disorder **Inpatient program** is a specialised 40 day program that provides an intensive and comprehensive residential treatment package based on LEAP ('Learning to Eat at Peace') philosophy. The program includes weekly groups on topics such as healthy eating, coping with difficult emotions and body image. A range of therapies are used in the inpatient program which includes cognitive-behavioural therapy, art therapy and mindfulness-based yoga groups. These activities are supported by trained staff who understand the difficulties in recovering from an eating disorder.

The Eating Disorder **Day Program** promotes healing by providing a structured supportive environment for clients under the care of a G.P or psychiatrist. In addition, the Day program provides transitional care to those clients who have completed the inpatient program but need a period of further support to help consolidate their gains. The program runs during the school term and focuses on the physical and emotional health of recovering clients.

**Age:** 16 and over

**Fees:** Private health insurance recommended

**Referrals:** All referrals are accepted

**Contact:** Please contact Simon Morris (EDP Clinical Coordinator) at The Geelong Clinic for further information or referral.

## Eating Disorders Group Therapy Programmes

### **RIPE Group: Recovery is Possible for Everyone**

A specialised group program for those with Bulimia Nervosa and Binge Eating Disorder.

The Augustine Centre

2 Minona Street,

Hawthorn, VIC 3122

**Phone:** Fiona Sutherland on 0403 823 033 or Sarah Harry 0412 128 115.

**Email:** [fiona\\_sutherland@hotmail.com](mailto:fiona_sutherland@hotmail.com) or [sarah@recoveryispossible.com.au](mailto:sarah@recoveryispossible.com.au)

**Website:** [www.recoveryispossible.com.au](http://www.recoveryispossible.com.au)

R.I.P.E is a 14 week program based on Acceptance and Commitment Therapy (ACT) which has been specially developed for eating disorders.

**Facilitated by a dietician and a counsellor this group program will aim to:**

- Develop strategies to reduce and delay binge eating and better manage your food and eating behaviours
- Learn to recognise the links between food, eating and emotions
- Begin to explore self-esteem and how to enhance it
- Identify and develop support networks to aid your recovery
- Have an opportunity to hear from those who have recovered from an eating disorder
- Explore a variety of relaxation techniques and self care
- Hands on activities and challenges
- Relapse prevention and developing plans for managing your eating disorder when the group finishes.

**Primary therapeutic styles used:** ACT, mindfulness, narrative therapy and take a feminist approach.

When: Program days change according to availability of rooms. Please contact Sarah for current information.

**Suitability:**

- If you regularly binge eat, feel out of control, guilty or ashamed about binging and/or
- If you use measures such as vomiting, fasting, diet pills, laxatives or excessive exercise to compensate for the food you eat after binges.
- Over 18
- Primary diagnosis of BN or BED, not AN
- Preferably BMI >20 although this ends up not always being the case!
- Any drug/alcohol issues being managed by another agency
- Co-morbidities associated with Eating Disorder OK (eg. depression, anxiety) but not BPD please!
- We encourage all participants to continue any individual therapy with their existing practitioners
- Must be medically monitored (minimum monthly or as suitable) throughout the group.

**Unsuitable for:** People with Anorexia Nervosa.

- **Please note:** the groups primary objective is therapy not weight loss. Their emphasis is discovering your most healthy weight using positive eating strategies. They do not support dieting.
- **Fees:** \$65 per week (flat fee). Session lengths will vary from 2-3 hours. Cost includes all program materials.
- **Referral:** from self or via a health professional. We have assessments (1 hr) prior to each group to assess suitability.

## Mindful Moderate Eating Group (MMEG) for binge eating

Swinburne University  
 Psychology Centre  
 33 Wakefield St,  
 Hawthorn, Vic 3122

**Phone:** Clinic reception 9214 8653.

**Phone:** Project Officer 9214 5528

**Website:** [www.swinburne.edu.au/pc/](http://www.swinburne.edu.au/pc/)

**Email:** [psychclinic@swin.edu.au](mailto:psychclinic@swin.edu.au)

**Hours:** 9am-9pm (Mon – Fri), 9am –1pm (Saturday).

### The Mindful Moderate Eating Group (MMEG) for binge eating:

- MMEG is a low-cost group program for people experiencing difficulties in controlling their eating behaviour.
- MMEG takes a psychological approach to managing emotions and eating behaviour, body image and self-esteem.
- MMEG is a 12-session program that runs for 3 hours on 10 consecutive weeks, with follow-up sessions at 3 and 6 months. Programs tend to run in the evenings from 6pm-9pm. MMEG booster sessions are run on a monthly basis to provide ongoing support to MMEG graduates. Follow-up individual counselling is also available. The MMEG program runs four times throughout the year.
- The MMEG program is conducted by two students undertaking Master and Doctoral degrees in psychology at the university who are provision or fully registered psychologists.

**Contact:** For more information on program dates, please contact the Project Officer on 9214 5528.

**Fees:** The cost of the MMEG program includes an assessment fee of \$25, plus program fee of \$400 which includes a mindfulness CD and reading kit. This fee is payable prior to the commencement of the group and is non-refundable. If you are unable to pay the program fee in a lump sum please contact the Project Officer to discuss alternate arrangements.

**Eligibility Criteria:** To be part of the program, participants are required to attend a one-hour assessment with a facilitator prior to program commencement.

The MMEG program is not suitable for people who:

- Are under 18 years of age
- Have a current diagnosis of anorexia nervosa
- Have problematic drug or alcohol abuse or
- Have a major physical illness and have severe suicidal ideation.

**Referral:** from self or by a health professional.

## Melbourne Centre for ISTDP. Intensive Short-Term Dynamic Psychotherapy (ISTDP)

**Individual and group treatment for a number of psychological problems including eating disorders. All treatment is based on Intensive Short-Term Dynamic Psychotherapy (ISTDP).**

Eastbourne Professional Suites  
Suites G6 & G7b  
62 Wellington Parade  
East Melbourne, Victoria 3002  
Ph: 0412 450 950  
Fax: (03) 9415 6114  
Email: [info@mcistdp.com.au](mailto:info@mcistdp.com.au)  
W: <http://stevearthey.com/>

An eight-week evidence-based treatment programme designed for people suffering from an eating disorder. A combination of group and individual treatment sessions designed to reduce eating disorder behaviours, to increase understanding about the emotional function of your eating disorder and to help resolve problems related to self-esteem, body image, anxiety and relationships.

### **Eligibility Criteria**

This programme is designed for people aged 18 years or over. You must have been assessed as medically stable by your GP or physician.

### **Attendance**

The group sessions are on Monday and Thursday from 4:30pm (90 minutes). The weekly individual sessions will be offered at mutually agreeable times.

### **Costs**

The cost is \$400 payable at Registration.

After this initial fee, all group and individual sessions, including the Assessment session, are then Bulk Billed through Medicare.

You must have 12 group treatment sessions and 9 individual sessions available through the Medicare Better Access to Mental Health Care initiative. If you do not have any/all of these Medicare sessions available, the full cost is available upon application.

## Melbourne Dialectical Behavioural Therapy (DBT) Centre

### Individual and group treatment for people with Bulimia and Eating problems.

Melbourne DBT Centre  
478 Neerim Road  
Murrembeena,  
Vic 3163

**Facilitator(s):** Tanya Gilmartin

Phone: (03) 9530 9777

International calls: +61 3 9530 9777

Fax: (03) 9530 9977

Email: [info@melbournedbtcentre.com.au](mailto:info@melbournedbtcentre.com.au)

Website: <http://melbournedbtcentre.com.au/wpress/>

**Commencement date:** *To be determined when group interest is assessed.*

**Duration:** 22-24 weeks

**Time:** Mondays 3 – 5pm

The Bulimia program assumes that binge eating and purging behaviour develops from difficulties regulating emotions, and a belief that one needs to do something to push away painful emotions. Therefore, the following areas of difficulty are addressed:

- Mindfulness- This module aims to assist clients understand their experience and direct their attention to another activity. Clients also learn to manage urges using mindfulness skills.
- Emotion Regulation- The aim of this module is for clients to learn how to identify, understand and regulate emotions without using maladaptive strategies.
- Distress Tolerance- The focus of this module is to learn strategies to tolerate distress effectively.
- Interpersonal effectiveness: This module aims to assist clients in developing appropriate interpersonal skills and practicing these skills in a non-threatening environment.

The Melbourne DBT Centre is the first private clinic in Melbourne to offer this exciting new treatment. Adhering closely to the procedures of the therapy, participants are required to attend a 2-hour skills training group weekly, as well as a 1-hour individual session which can occur anytime between the group sessions.

#### Pre-treatment

Initially, clients will engage in at least 2 individual pre-commitment sessions to complete a clinical interview and program orientation, as well as psychological testing.

#### Program Length

The treatment will consist of 22-24 weeks of weekly group and individual sessions.

## Session Structure

### Individual

50 minute session

### Group

50 minute Homework review

10 minute break

50 minutes new skills

## Program costs

	Individual			Group		
	Fee	Rebate	GAP	Fee	Rebate	GAP
General Psychologist	\$145	\$81.60	\$63.40	\$70	\$20.85	\$49.15
Clinical psychologist	\$165	\$119.80	\$45.20	\$85	\$30.45	\$54.55

## Medicare Rebates:

Both the adolescent and their parent(s) are eligible for a Mental Health Plan, under the *Medicare Better Access Scheme*. This equates to 12 individual and group sessions per calendar year. In exceptional circumstances\* we can request an additional 6-individual sessions, bringing the total to 18 individual and 12 group rebatable sessions per calendar year.

## Program criteria

- Behaviour consistent with the Emotion Regulation Model of Binge Eating and Bulimia. This may include binge eating, overeating and purging behaviour
- The client must be 17 years old or older
- Committed to behaviour change
- Compliant with Group rules
- Participants are asked to commit to completing the full program

## Program exclusions

- Not ready to engage in program
- Antisocial or Narcissistic Personality Disorder
- Active Psychosis
- Acute Post-Traumatic Stress Disorder (PTSD)
- Financial Problems
- Low IQ
- Current Anorexia Nervosa: If previous diagnosis, must have been in remission for at least 12 months.
- Younger than 17 years old\*

*\* If a client presents with behaviour consistent with the Emotion Regulation model of binge eating and bulimia but is younger than the age of 17, the program can be completed in individual sessions.*

## Referrals

You do not need a GP or psychiatrist to refer you into the program. You are welcome to contact the service directly. Alternatively, your medial practitioner is welcome to refer you, or they contact the service for more information.

## **Private Psychiatric Clinics – Non Eating Disorders Specialist**

### **Albert Road Clinic**

31 Albert Road, South Melbourne, VIC 3004  
Ph: (03) 9256 8311, Fax: (03) 9256 8330

Services: mental health and psychiatry

Albert Road Clinic is an 80 bed psychiatric facility that is recognised throughout Melbourne as a major specialist referral centre. The Albert Road Clinic is a unique private psychiatric facility, specialising in In-patient, day patient and community services. Their hallmark is their commitment to quality psychiatric care across the life-cycle's developmental stages. The Albert Road Clinic is an affiliated teaching hospital with the University of Melbourne. The Albert Road Clinic has worked closely with the University of Melbourne to establish the Ramsay Health Care Chair of Psychiatry of the University of Melbourne.

### **Victoria Clinic**

324 Malvern Road, Prahran VIC 3181  
Phone: (03) 9526 0200 Fax: (03) 9526 0222

Services: Inpatient services, research program (Trans Magnetic Stimulation), day program, outreach Services.

The Victoria Clinic is a private psychiatric facility located in Malvern Road Prahran specialising in the provision of high quality inpatient and day program mental health treatment. It is a place where patients can engage in rewarding therapeutic, recreational and occupational activities as a means of restoring health. Their programs are aimed at helping people improve their emotional and psychological health and well being. They offer a safe and supportive environment to assist people experiencing mental health problems.

### **The Victorian Addiction Centre**

**134-144 Ford Street, Ivanhoe VIC 3079**  
Phone: (03) 9474 8932 Fax: (03) 9497 1438

Services: Residential addiction program, Aftercare program, FACT program

The Victorian Addiction Centre has facilities providing help and support for people with alcohol, drug, gambling and other addictive behaviours. The Centre is located in a beautiful heritage listed building in a quiet, secluded and tranquil suburban setting just 15 minutes from the Melbourne central business district. Their friendly and highly trained staff comprise of drug and alcohol specialists, psychiatrist, drug and alcohol counsellors and nurses.

## **For Concerns regarding a health practitioner or health service**

For concerns regarding a **Doctor**, contact The Medical Practitioners Board of Victoria.

Ph: (03) 9655 0500 or 1800 016 151. Email: [info@medicalboardvic.org.au](mailto:info@medicalboardvic.org.au),

Website: [www.medicalboardvic.org.au](http://www.medicalboardvic.org.au)

For a **Psychiatrist**, contact the Royal Australian and New Zealand College of Psychiatrists.

Ph: (03) 9640 0646, Email: [ranzcp@ranzcp.org](mailto:ranzcp@ranzcp.org), Website: [www.ranzcp.org](http://www.ranzcp.org)

For concerns regarding a **Psychologist**, contact either the Australian Health Practitioner Regulation Agency (APHRA) or the Australian Psychological Society on 1800 333 497 or (03) 9663 6166.

For a **Counsellor**, contact the Australian Counselling Association on 1300 784 333,

Website: [www.theaca.net.au](http://www.theaca.net.au).

For concerns regarding any **Victorian health service provider or practitioner** phone the Victorian Health Services Commissioner on (03) 8601 5200 or Toll Free in Victoria on 1800 136 066.

The **Mental Health Legal Centre** can also be contacted on (03) 9629 4422 or toll free on 1800 555 887.

**\*\* For a copy of the Australian and New Zealand treatment guidelines for consumers and carers contact:**

The Royal Australian & New Zealand College of Psychiatrists, Head Office on the details above.

## **Private Health Insurance, Medicare & Taxation rebates**

### **Private health insurance**

Dietetic and psychological services can be claimed through private health insurance funds. Some group therapy sessions may also be claimed. Please contact your health insurance company for details of rebate and other information.

### **Medicare**

Under the Medicare rebate you can only see a registered psychologist with a Medicare Provider Number upon referral from your GP, psychiatrist or paediatrician. Eligible patients can generally receive 12 individual services or group therapy services in a calendar year. The cost to you and the rebate available from Medicare can vary depending on: length of session, type of psychologist and fees being charged by the psychologist.

### **Taxation rebates**

The Australian Government provides a 20% rebate on net medical expenses over \$1,500 per annum. There is no upper limit to the amount you can claim and this rebate is not means tested. Please refer to the current Tax/Pack and/or your accountant for further information.

### **Carers Allowance**

Centrelink provides two payments for carers: Carer Allowance & Carer Payment. For further information contact Centrelink on 13 27 17 or go to [www.centrelink.gov.au](http://www.centrelink.gov.au)