



TREATMENT PROGRAM FOR EATING DISORDERS

*Almost 1 Million Australians suffer eating disorders
More than 1,800 have died from an eating disorder this year.*

Eating disorders are characterised by excessive concerns about shape and weight leading to a number of injurious weight control behaviours. A second criterion is over salience of body image (beliefs about appearance and weight) invariably poor or distorted.

At Thinkahead we specialize in the treatment of:



Anorexia
Bulimia
Purging
Night Eating Syndrome
Overeating

Our psychologists are accredited practitioners with the “The Australian Centre for Eating Disorders” and have undergone specialist training in this field.

Treatment

The treatment primarily focuses on what is keeping the eating problem going. It is concerned with the present and the future and addresses the origin of the problem. Treatment is specifically tailored to the individual's needs. Treatment can incorporate the following elements:

Phase 1: Clinical Assessment

- Suitability and readiness for change
- Identification and diagnoses of type of eating issue
- Identification of family eating and weight patterns
- Exploration of childhood/schooling / life events / relationships patterns that may link to eating disorder
- Assessment of current lifestyle/eating patterns/ cross addictions /body image issues
- Assessment of dieting and connections with binge eating
- Psycho education regarding nutrition and low blood sugar levels
- Identification of core contributing factors
- Formulation of treatment plan/outcomes



Phase 2: Evidence Based Treatment

Food Diary Analyses and Intervention

- Habits/rituals (food and personal)
- Lapse triggers (situation and emotional triggers)
- Cognitive baggage (thinking styles, automatic thoughts , attributes)
- Lapse biology (precursors, management and recovery strategies)
- Compliance and excuses
- Nutritional counselling and stimulus control techniques

Emotional Management – Emotions and Eating Habits

- Emotional eating (food and feelings)
- Eating styles and feelings
- Schema level beliefs and eating
- Recognising emotional triggers
- Emotional management of anger /anxiety / depression / guilt and shame
- Cognitive restructuring of anxiety associated with eating

Cognitive Intervention - Treating Unhealthy Thoughts, Values and Attributes

- Unhelpful thinking styles
- Thought shape fusion
- Unhealthy values and beliefs
- Strategies in challenging unhelpful thoughts, deconstruction guided discovery and reconstruction positive psychology
- Mindfulness and acceptance approaches
- Strategies in managing excuses

Other Treatment Imperatives & Skill Training

- Treating self esteem
- Assertion skills
- Body image (development issues, critical experiences and weighing behaviours)
- Guided visualisation
- Troubleshooting

Relapse Prevention - Lapse, relapse and collapse

- Prevention Lapses
- Changing lapse rituals
- Recovery mastery techniques

Treatment will involve an initial assessment phase followed by a minimum of 15 sessions. It is important that there are as little interruptions in treatment as possible, as we want to establish 'momentum' from session to session. Specific tasks (or 'next steps') will be given between each session. These tasks are very important as what happens between sessions governs to a large extent how much the individual benefits from treatment. For additional information speak to one of our treating psychologists.

