

FREE COGNITIVE BEHAVIOUR THERAPY GROUP PROGRAM FOR EATING DISORDERS

Are you interested in group-based 8-week CBT program for an eating disorder? Are you ready to engage in action-based treatment? This program could be suitable for you. The program will be facilitated by a specialist multidisciplinary team and will be run both via Zoom and in-person. You will need to attend an assessment interview and complete some tasks prior to starting the group to assess your readiness to engage in the program.

The program is designed for people who are:

- 18 years old or older;
- Willing to engage in active treatment for their eating disorder;
- Linked in with a therapist/ psychologist and who plan to continue seeing them during and after our 8-week program;
- Able to commit to attending all groups and meal support sessions over an 8-week period;
- Willing to work on restoring weight if they are underweight for the duration of the program;
- Able to seek a GP referral to the group and see their GP for ongoing physical check-ups for the duration of the program.

If you are interested, please speak to your GP or psychiatrist and obtain a referral to the Peter Beumont Eating Disorders Service Intensive Outpatient Program – CBT Group (see link below).

If you would like further information, please contact:

Cindy Tran, Peter Beumont Eating Disorder Service, RPA, SLHD
P: 9515 1430

For information on how to complete a referral, visit:

https://www.slhd.nsw.gov.au/MentalHealth/Services_eating.html