

FREE EATING DISORDER MOTIVATIONAL GROUP

The Peter Beumont Eating Disorders Service at RPA is running a free motivational support group for adults with eating disorders. This group will be an appropriate adjunct to outpatient treatment for clients that may need additional support and intensity in enhancing their motivation. The focus of the group will be to provide people a safe space to understand the functions of their eating disorder, explore their motivation to change, discuss barriers that are currently preventing them from change, and explore what it would mean for them to begin change.

The program is designed for those who:

- Have a diagnosis of an eating disorder
- Are engaged with treatment but due to ambivalence are struggling with behavioural change components of therapy
- Are able to commit to 5 weekly online group sessions
- Are medically stable
- Are able to seek a GP/psychiatrist referral to the group and see their GP for ongoing physical check-ups (or as medically recommended) for the duration of the program

The sessions will be run by a mental health clinician within the Peter Beumont Eating Disorders Service. New patients of the service will need to attend an assessment session prior to starting the group.

We are now taking new referrals. If you are interested, please speak to your GP or psychiatrist and obtain a referral to the Peter Beumont Eating Disorders Service. Please note numbers are limited.

If you have any questions about this group, please contact:

Peter Beumont Eating Disorders Service Intake Clinician, SLHD

Ph: 0484 346 291

For information on how to complete a new referral, visit:

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