

The referral process

Participants will need to be assessed by an accredited psychiatrist with The Melbourne Clinic prior to being admitted for the program. We can support participants who self-refer or are referred by their GP and pair them with an accredited psychiatrist who is familiar with the program for an assessment.

Please contact Intake on 03 9420 9340 to discuss the requirements for the program or if you would like further information about the program.



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A Healthscope hospital.

ABN 85 006 405 152



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The Melbourne Clinic

Binge Eating Disorder Program

Information for patients, carers,
family and support persons



The Binge Eating Disorder Program at The Melbourne Clinic

The Binge Eating Disorder Program is a four week inpatient program offered as part of our specialist Eating Disorder service. This program has been developed to increase participant's knowledge and understanding of the factors involved in the development and maintenance of binge eating and associated behaviours.

At the completion of the program we will individually discuss with clients potential options for further support if needed. This may involve Outreach services or Day Program.

The programs therapeutic framework includes psychoeducation and skills acquisition from therapies such as Cognitive Behavioural Therapy, Dietetics, Interpersonal Therapy and Effectiveness, Emotional Regulation, Distress Tolerance and Mindfulness in combination with self-directed workbook activities.

This program is most suitable for those who have been identified as having binge eating behaviours associated with an Eating Disorder diagnosis or difficulties with over-eating or night eating. The content of this program is relevant to a broad range of people experiencing moderate to high severity of binge eating and associated behaviours.

Program structure

This program is designed to provide a variety of psychoeducation, skills development and activities to enhance one's ability to understand why difficulties occur, review maintaining factors for ones behaviours, and ultimately enhance recovery. Each week of the program is designed by evidence based practice to build on and increase your understanding of binge eating.

There are two to three therapy groups a day scheduled Monday to Friday over the four week period. All groups are compulsory. Time is also set aside for the completion of a workbook that includes exercises that match the content of the therapeutic groups. The workbook helps participants to reflect on their own individual experiences as they move through the program.

Throughout the program participants are offered

- Nutrition education with a Dietitian in groups and individual dietetic planning and feedback
- Psychological group treatment and optional weekly 1:1 time with a Psychologist
- Mindfulness and Emotional Regulation strategies
- Art Therapy
- Exercise Physiology
- Family Therapy
- Support and feedback related to nutritional intake
- 1:1 support with nursing staff and routine reviews with admitting doctor
- Opportunity to develop a relapse prevention plan.

The treatment team

The program is staffed by a team of dedicated professionals experienced in the treatment of Eating Disorders, the program works from a multidisciplinary perspective to provide holistic treatment and recovery focused care.

Professionals in our team include:

- Consultant Psychiatrists
- Dietitians
- Psychologists
- Social Workers
- Family Therapist
- Art Therapist
- Exercise Physiologist.

