

The referral and intake process

Participants will need to be referred by their psychiatrist or GP. They will need to be assessed by an accredited psychiatrist with The Melbourne Clinic prior to being admitted for the program.

Participants whom are referred by their GP can be paired with an accredited psychiatrist who is familiar with the program. They will also need to complete a phone assessment with the program coordinator to support this process and to further explore suitability for the program.

Please contact the hospital intake team on [03 9420 9340](tel:0394209340) to discuss the requirements for the program, or if you would like further information about the program.



Binge Eating Disorder Program

Information for patients, carers, family and support persons



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Community
of Care

 **The Melbourne Clinic**
by Healthscope

The Binge Eating Disorder Program at The Melbourne Clinic

The program has been developed to increase participant's understanding of the maintaining factors of their binge eating disorder and to develop strategies and skills to intervene to break the cycle of binge eating.

This program is suited to adults who experience binge eating and do not engage regularly in behaviours to compensate for bingeing, such as self-induced vomiting, laxative abuse, excessive exercise, or fasting.

The program content is informed by evidence based therapies such as dialectical behaviour therapy (DBT) skills and cognitive behaviour therapy-enhanced (CBT-E) interventions. It aims to target dietary restriction and emotion dysregulation that can leave individuals vulnerable to binge eating. Binge eating can affect people of all genders and body types. It is commonly characterised by the consumption of a large amount of food in a short period of time, alongside feelings of distress, fullness, loss of control and guilt and shame.

Towards the end of the program the treatment team will work on relapse prevention planning and discharge planning with participants. Sometimes this may include a discussion of further support or treatment options such as referrals for: outreach support, eating disorder day program or alternative inpatient programs.

Program structure

The program includes groups that focus on: education, nutrition, skill building, gentle movement, family and relationships, art therapy and relapse prevention planning.

Those on the team include:

- Dietitians
- Psychologists
- Psychiatrists
- Family therapists
- Psychiatry registrars
- Social workers
- Art therapists
- Exercise physiologists

The "Rise Up + Recover" app will be used during the program, which allows participants' to monitor their thoughts and feelings related to food.

This information is used to build understanding of the relationship between participant's thoughts, feelings and eating behaviours, to support regular eating and to identify unhelpful rules and beliefs about food that contribute to binge eating. The monitoring records are reviewed with the dietitian in individual sessions.

Program goals/objectives:

- Increase understanding of binge eating vulnerability and maintaining factors
- Enhance motivation for change
- Develop mindfulness, distress tolerance and emotion regulation skills to reduce vulnerability of binge eating
- Increase regularity, adequacy and variety in eating to reduce urges to binge eat
- Reduce anxiety associated with social eating and eating fear foods

- Improve understanding of body image difficulties and develop strategies to improve body image
- Reduce shame and self-criticism associated with binge eating/binge eating disorder
- Relapse prevention planning

