



The Melbourne Clinic

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A Healthscope hospital.

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Eating Disorder Services

Program information



Eating Disorders Program

The Eating Disorders Program is comprised of an inpatient program and a day program. Outreach services are also available. The inpatient program is designed to provide treatment to patients who require a higher level of care. Day program and Outreach services offer continuity of treatment ensuring minimal disruption to daily living and social networks.

Inpatient Program

The inpatient program offers a specialised, customised program that has been designed to provide comprehensive treatment. The multidisciplinary team of qualified health professionals are experienced and trained in understanding and treating Eating Disorders. Improved nutrition and emotional wellbeing are achieved through individualised meal planning, meal support and participation in the daily group program. The daily group program provides patients with opportunities to participate in evidence based psychological treatment of eating disorders, emotion regulation and interpersonal skills training, occupational therapy and creative arts therapies. Family involvement in recovery is encouraged. Family therapy and a monthly family support and information evening are made available to relatives and friends of patients.

Day Program

The Eating Disorders Day Program runs Monday to Friday. The program is designed for people who are able to manage eating more independently however still require ongoing structure and support to challenge their problematic eating behaviours. The program includes several treatment options for patients, ranging from higher to lower levels of support. Days of attendance will be determined on assessment for the program to meet individuals needs. The program includes several evidence based psychological treatments including Cognitive Behaviour Therapy – Enhanced (CBT-E), DBT Skills, Acceptance and Commitment Therapy and Occupational and Creative Arts Therapies. The program is also able to provide continuity of care after an inpatient stay. The program also offers a direct admission for individuals who do not require inpatient treatment.

Patients are offered:

- Meal Support and Menu Planning
- Nutrition Education
- Psychological group treatment (i.e. Cognitive Behavioural Therapy-Enhanced, Interpersonal Therapy, DBT Skills)
- Mindfulness and Relaxation
- Art Therapy
- Goal setting and Living Skills
- Discharge Planning and Recovery Planning Groups
- Multidisciplinary Team Review
- Family Information and Support
- Social eating experiences such as café outings and takeaway nights
- Food Challenges
- Recovered speakers

Outreach

The outreach program provides community based treatment to support the individual in working towards their recovery. It encompasses meal support as well as individual work focused on the development of skills to enable the individual to meet their goals. Outreach can be offered to assist with the transition from the inpatient setting, in conjunction with other services or in some cases as part of an alternative to inpatient care.

The Treatment Team

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 on our team include:

- Dietitians
- Occupational Therapists
- Art Therapists
- Music Therapists
- Mental Health trained Nursing Staff
- Psychologists & Clinical Psychologists
- Medical Staff (Paediatricians and General Practitioners)
- Psychiatrists
- Social Workers
- Family Support
- Carer Consultant

Referral Process

Please contact Intake on (03) 9420 9340 or Day Program Intake (03) 8416 3800 to discuss requirements for each program. Once admitted an individual treatment plan will be formulated in consultation with the client and the multidisciplinary team.