

Treatment

In individual CBT, you will actively work towards recovery from your eating disorder with your therapist. Treatment is time-limited and involves regular weekly attendance. In stage one, this means developing normal eating habits and working to achieve and maintain a healthy weight for you. To help you do this, there are a number of essential treatment components. These include: being weighed each week and reviewing your weight with your therapist; monitoring your eating and associated thoughts and feelings; and making changes towards normalising your eating and weight. In stage two, we focus on addressing the fears and beliefs that may be keeping the eating disorder going. The third stage focusses on relapse prevention and maintaining the changes you have made.

Family based therapy is an intensive outpatient treatment approach that places parents at the centre of their adolescent's treatment. Stage one involves empowering parents to temporarily assume responsibility for all food and eating-related decisions in order to facilitate the adolescent's weight restoration. In stage two, families support the adolescent to resume responsibility for their food choices and maintain a healthy weight. In stage three, families help the young person return to their normal developmental path, which may have been disrupted by their illness.

What will I be expected to do?

Successful therapy requires collaboration between you and your therapist. It is vital that you attend regularly and consistently practice the skills learnt in treatment to experience the maximum benefit. The more effort you put in, the more you will get out of treatment and the more likely you will recover from your eating disorder.

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This document can be made available in alternative formats on request for a person with a disability.



Developed in consultation with consumers/carers October 2017.

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Government of Western Australia
North Metropolitan Health Service
Mental Health

Eating Disorders Programme

Centre for Clinical Interventions



NMHS_0146_0917

Healthcare excellence
for our patients, population and community

What is CCI

The Centre for Clinical Interventions (CCI) is a specialist statewide mental health service. We offer treatment for people suffering from mood disorders, anxiety disorders, and eating disorders. As CCI forms part of the public mental health system, the service we offer is free; and as a result there is an associated waiting list.

The Eating Disorders Programme is one of the psychological treatment programmes offered by CCI. We offer the most up-to-date evidence-supported treatments available for eating disorders. Treatment is conducted on an outpatient basis, for individuals aged 16 years and over.

CCI is staffed by clinical psychologists who are trained and experienced in providing interventions for eating disorders. We do not have psychiatrists or medical doctors on staff. Due to the medical complications associated with eating disorders, clients will need to be referred by a medical practitioner who can regularly monitor their health throughout treatment at CCI.

What is evidence-supported treatment?

'Evidence-supported' means that research studies have demonstrated that our treatments are effective in helping individuals to recover from an eating disorder.

For adults with Anorexia Nervosa and Bulimia Nervosa, CCI offers a treatment programme called Cognitive Behaviour Therapy (CBT). The focus of CBT is on the 'here and now', and involves working to change the behaviours and thoughts (cognitions) that keep your eating disorder going. Research shows that two-thirds of patients who actively engage in, and complete CBT, are free of eating disordered behaviours by the end of treatment.

For adolescents with Anorexia Nervosa, we also offer Family-Based Therapy (FBT). This is the recommended treatment for adolescents with Anorexia Nervosa in cases of recent onset (less than three years). Treatment focuses on empowering parents to help their adolescent recover from this life-threatening illness.

What can I expect at my first appointment?

Following your referral to CCI, we will send you a letter inviting you to contact us and schedule a single-session assessment appointment. At this appointment we will discuss the difficulties you are currently experiencing and determine whether our programme may be of assistance to you. We will also discuss alternative treatment services that you may wish to access while waiting to commence treatment with us and provide you with some written information about eating disorders. If you are interested and appropriate for our treatment, you will be placed on a waiting list. When an appointment to commence treatment becomes available, you will be contacted for further assessment.

Throughout our assessment process you will be asked to complete a number of questionnaires that assist us in gathering information about the thoughts, moods and symptoms that you are experiencing. These help us to develop a clear understanding of you and your difficulties, and assist us in determining whether our programme may be of assistance to you.