

## EATING WELL, FEELING WELL

AWARE  
DR LISA MYERS



### Eating Disorders Program

*At Awarehub, we know that it is extremely important to have an organised approach to eating disorder treatment. We have a dietician, trained therapist, psychiatrist and GP who understand the management of eating disorders. Our structured, multidisciplinary program aims to help you manage symptoms, return to a healthy weight, and maintain your physical and mental health.*

### WHERE WE START

We review your referral information and arrange for you to have an appointment with our GP who will assess your physical health and begin to put a treatment plan together that will address your physical and mental health. If preferred, we will work together with your chosen GP. We accept referrals from GP's, psychologists and psychiatrists; but you are welcome to self-refer too.

It is really important that you have good support when trying to manage your eating disorder and so, we encourage you to bring along a support person or family member to the initial appointment.

The GP will complete a physical examination and request additional tests that are considered important to your ongoing health. At this appointment, the GP will arrange referrals to our other clinicians that will form part of your treatment and support team.

We want to ensure that you receive the best quality care and chance of success.

### WHERE WE HEAD NEXT

You will be seen by our experienced therapist and dietician who will be part of formulating your multidisciplinary treatment plan. Your team may want to include the services of a psychiatrist as part of your plan. We would like to work towards achieving your desired immediate and longer-term goals. Eating disorders require a step-wise approaches to treatment and your plan will highlight your goals for each of these phases of care.

They will work with you and your family to reach your desired outcomes.

Our dietician will provide education on nutrition and meal planning and help you to regain a healthy relationship with food - and yourself. Our dietician believes in having a balanced and flexible approach and maintains a strong mental health focus, incorporating strategies to build your self-confidence and self-value.

For young people still living at home, parents should be actively involved in treatment and may supervise meals. We know this can be stressful and we will actively guide and support this process.

Our therapist will meet with you regularly to help support your mental health. She will give you the tools to challenge your thoughts, cope with your feelings, build your confidence and enjoy a fulfilled life again!

## HOW WE KEEP MOVING FORWARD

It is very important to have consistent care and to keep open-minded and flexible about your progress. Managing your mental health and an eating disorder can be a long-term challenge that requires time and patience; but, by working together with a team of experienced and caring professionals, you will have the best chance of success. It is helpful that everyone involved in your treatment can communicate about your progress so that the necessary adjustments can be made to your treatment. We will ask you to provide us permission to do so.

Psychological treatment may involve a combination of different types of therapy, such as **CBT, schema therapy and family-based interventions and psycho-education.**

### **Having regular therapy will help you to:**

- Normalise your eating patterns and achieve a healthy weight
- Find healthier habits
- Learn how to self-monitor
- Establish sound problem-solving skills
- Build healthy ways to cope with stressful situations
- Improve your relationships and your mood
- Receive support from family and loved ones (help them to support you too!)

**Psychoeducation** will provide you and your family with helpful information on how to best support you and them to cope with the presenting challenges and build resilience.

**Family-based interventions** are proven to be effective in treating ED's. The family-based treatment approach is particularly helpful for younger clients who rely on their family for support. In this treatment model, parents take the lead in helping their child recover and resume full autonomy.

### **Ongoing nutrition education and support will help you to:**

- Work toward a healthy weight
- Understand how nutrition affects your body
- Practice meal planning
- Establish regular eating patterns
- Take steps to avoid dieting or bingeing
- Correct health problems

## REVIEWING THE TREATMENT PLAN

The team will frequently review your progress against your treatment plan and your personal goals. If needed, a case conference will be arranged, including everyone involved in your care.

Any additions or changes to your plan will be discussed with you and your family. It is important that everyone is in agreement about what is in your best interest (even when this is difficult for you to see).

**Your plan will include** what steps to take if you're not able to manage with your plan or the actions needed if any other issues or setbacks arise that interfere with your progress.

## ALWAYS ON OUR MIND...

- **Treating physical complications** - Your treatment team will monitor and address any health and medical issues that arise as a result of your eating disorder.
- **Providing resources**
- **Medication** – Although medication doesn't cure an eating disorder, we know that it can be helpful and needed to assist your mental health and other co-existing conditions. Our psychiatrists and GP will be able to assist with your medication needs.
- **Other therapies and supports** – Our clinic offer yoga groups and encourages holistic practices. We have additional treatments available, e.g. transcranial magnetic stimulation (TMS) for depression and OCD, conditions that are often found together with eating disorders.
- **Getting you back to your 'regular' life** – Our aim is to work together to restore your pre-illness functioning and re-integrate you into your life, whether it's re-establishing a sense of wellbeing at home, school, university, college or work – or simply regaining a healthy daily routine.
- **Referring to hospital** – we know this is never easy and can be very distressing for you and your family; however, if we are concerned about your health and wellbeing and believe that an admission is needed, we will formulate a plan in consultation with you and your family.

### Common concerning health problems include:

- Electrolyte imbalances
- Cardiac problems and high blood pressure
- Digestive problems and nutrient deficiencies
- Dental cavities and erosion
- Low bone density (osteoporosis)
- Stunted growth
- Mental health conditions
- Lack of menstruation, problems with infertility and pregnancy

*“Self-care is how you take your power back.”*

*- Lalah Delia*



**AwareHub Clinic**

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