# Eating Disorders Treatment Options Continuum

## Core treatment team of medical officer, dietitian, therapist and carer aiming at least disruptive model of care

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<th>Intensive outpatient</th>
<th>Intensive treatment</th>
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<td>Health relationships with food and body</td>
<td>Interpersonal therapy</td>
<td>Support</td>
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<tr>
<td>Life skills</td>
<td>Weight restoration</td>
<td>Group therapy</td>
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<tr>
<td>Early detection and interventions</td>
<td>Learning healthy coping strategies</td>
<td>Preparation for individual therapy</td>
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<tr>
<td>Reintegration</td>
<td>Relapse prevention</td>
<td>Nutritional rehabilitation/weight restoration</td>
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## Treatment goals/ focus

- Interpersonal therapy
- Weight restoration
- Support
- Group therapy
- Preparation for individual therapy
- Nutritional rehabilitation/weight restoration

## What treatment providers can do

### Prevention and early intervention
- Nutritional therapy
- Psychological and psychiatric interventions
- Family skills group
- Delivery of evidence based therapies
- Cognitive Behavioural Therapy Enhanced
- Family Based Treatment
- Maudsley Model of Anorexia Nervosa
- Treatment for Adults
- Specialist Supportive Clinical Management

### Detection and assessment
- Specialist group day programs
- Evidence based treatment
- Family based Treatment
- Maudsley Model of Anorexia Nervosa
- Treatment for Adults
- Cognitive Behavioural Therapy Enhanced

### Ongoing monitoring and integration
- Dietetic treatment
- Psychiatric Treatment
- Transfer of care planning
- Limited therapy

### Family information and support
- Community mental health
- NGO inc. carer and family supports
- Private therapists
- Intensive multidisciplinary inpatient treatment team
- Public or private

## Community mental health

There are specialist eating disorder practitioners in both public and private sector. Call EDQ for information and contact details.

- QuEDS (07) 3114 0809
- EDQ (07) 3844 6055
- CYMHS EDT (07) 3397 9077

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This document has been updated July 2019 from the June 2016 “Food for Thought” Project.