## Eating Disorders Treatment Options Continuum



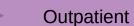


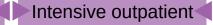
Carer, peer and family / community support



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

Community





Intensive treatment

## Treatment goals/ focus

Health relationships with food and body
Life skills
Early detection and

interventions

Reintegration

Interpersonal therapy
Weight restoration
Learning healthy coping
strategies
Relapse prevention

Support
Group therapy
Preparation for
individual therapy
Nutritional rehabilitation/
weight restoration

Nutritional rehabilitation
Therapy
Dietetic treatment
Intensive treatment
Medical stability and
monitoring
Transfer of care planning
Psychiatric stabilisation

## What treatment providers can do

Prevention and early intervention

Detection and assessment

Ongoing monitoring and integration

Ongoing monitoring and integration

Family information and support

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 Managment

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

Dietetic treatment
Psychiatric Treatment
Transfer of care
planning
Limited therapy

## What treatment providers can do

Community mental health NGO inc. carer and family supports Private therapists

Private and public practitioners
Community mental health

Specialist eating disorder treatment team Public or private

Intensive multidisciplinary inpatient treatment team Public or private

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

**Q**uEDS (07) 3114 0809

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CYMHS (07) 3397 9077

