



Eating Disorders Outpatient Service



Multi-Disciplinary Team

Dietitian: Tamara Parker

Psychologists: Adrian Ashton
Camille Fitzgerald (youth)
Karen Gallaty
Raylene Chen
Tamera Wiggins

Medically supported by regular GP appointments

Treatment Involves

- Individualised treatment plan
- Weekly psychology sessions of CBT-E
- RAVES nutritional counselling with dietitian
- Family education & support
- Monitoring need for Step-Up to Complex Care
- Maudsley Family Therapy for Adolescents with EDs

Program Entry Criteria

- Diagnosed Eating Disorder – Anorexia, Bulimia, Binge Eating, OSFED
- Patients aged 14 years and over
- Medically stable
- Weight > 80% Min BMI
- Good to fair motivation for change
- Self-sufficient; can reduce Eating Disorder behaviours in unstructured setting
- No current risk of suicide
- Step in at first diagnosis or first symptoms of recurrence
- Step down from tertiary inpatient care for ongoing recovery & relapse prevention
- If patient requires structured meal support & weight < 80%, refer on to Day Program

Referral Requirements:

Mental Health Care Plan for Psychologist

Chronic Disease Management Plan for Dietitian

Fees: Out-of-pocket fees will apply, please contact our clinic for more information