



Seeking Treatment for an Eating Disorder How to Get a Referral Step 1 – Working with Your GP

Please take this information sheet to your GP as it has all the details required for a CBT Referral

Visiting your GP

The first thing you need to do is make a long appointment with your GP. Let them know your concerns and that you are interested in seeing a psychologist and dietitian to help with your Eating Disorder. Your GP will talk to you about what's been happening and assess if you meet the criteria for a referral.

Remember, your GP has a great deal of experience and will be looking for the best way to help you!

What will my GP ask?

- ✚ Questions about your eating behaviours, your mood, and a physical examination including your height and weight measurements
- ✚ Questions about current and past stresses in your life
- ✚ Questions about your current support networks

Referral Options

✚ The Eating Disorders Treatment and Management Plan (EDP)

- This is prepared by your GP (90250-90253), Psychiatrist (90260) or Pediatrician (90261)
- To be eligible, the patient must have a diagnosed Eating Disorder
- If eligible, allows up to 40 sessions with a psychologist, and 20 sessions with a dietitian
- This plan provides for Medicare Rebates and an out-of-pocket cost will apply

OR

✚ The Better Access to Mental Health Care Plan (MHCP) for psychology

- This can be prepared by your GP
- To be eligible, patients must have a diagnosed mental health disorder
- If eligible, this allows up to 10 rebateable sessions with a psychologist

✚ Chronic Disease Management Plan for dietitian

- This can be prepared by your GP
- To be eligible, patients must have a diagnosed chronic disease (i.e. Eating Disorder)
- If eligible, this allows up to 5 sessions with a dietitian
- An out-of-pocket cost will apply at each visit

OR

✚ Private Referral – A referral is not required to see a psychologist or dietitian

- A private referral involves no communication to a third party [such as a GP]
- Your service is completely confidential
- A full fee is charged with no Medicare Rebate available

What's Next – Step 2 Working with CBT

Prana Centre, Suite 3
832 Southport-Nerang Rd
Nerang Q 4211
Ph 07 5668 3490 Fax 07 5596 6255

Fortune Place, Shop 1
2 Fortune Place
Coomera Q 4209
Ph 07 5551 0251 Fax 07 5519 9560

www.cbtprofessionals.com.au



Seeking Treatment for an Eating Disorder Step 2 – Working with CBT

Please take this information sheet to your GP as it has all the details required for a CBT Referral

Who We Are

CBT Professionals are a team of 25 psychologists, a dietitian, a social worker & administration staff, selected based on a unifying set of values that define us as a truly caring practice. We provide clinical psychology services for:

- + Adults
- + Children
- + Couples
- + Families and
- + Third parties

You can learn more about our individual team members on our Website - Find Psychologists pages.

How We Do It

- + We stand against the practice of generic treatments
- + We know every case is unique and needs our best care and attention to create the best treatment approach specific to your situation
- + We provide a client-centred approach ensuring our treatment approach is at all times guided by your individual needs and goals

Our Location

We have two clinics conveniently located in the central and northern Gold Coast regions.

COOMERA

Fortune Place
Shop 1, 2 Fortune Street
Coomera Q 4209

Ph 07 5551 0251

Clinic Hours

Monday	8am – 5pm
Tuesday	8.30am – 5pm
Wednesday	8am – 8pm
Thursday	8am – 8pm
Friday	8am – 5pm
Saturday	8am – 2.30pm

NERANG

Prana Centre
Suite 3, 832 Southport-Nerang Road
Nerang Q 4211

Ph 07 5668 3490

Monday	9am – 6.30pm
Tuesday	8am – 8pm
Wednesday	9am – 8pm
Thursday	9am – 5.30pm
Friday	9am – 5.30pm
Saturday	8am – 2.30pm

Please do not hesitate to directly contact us for more information. Our primary goal is to get you back on track and living life to the fullest.

CBT Professionals - Feel good, Live well

Prana Centre, Suite 3
832 Southport-Nerang Rd
Nerang Q 4211
Ph 07 5668 3490 Fax 07 5596 6255

Fortune Place, Shop 1
2 Fortune Place
Coomera Q 4209
Ph 07 5551 0251 Fax 07 5519 9560

www.cbtprofessionals.com.au