



**Butterfly**  
Foundation for Eating Disorders

# Butterfly's Outpatient Program for Young People

A therapeutic program providing early intervention for young people with emerging eating disorders

Butterfly's Outpatient Program for Young People (Youth Program) has been designed to target individuals aged 14 years to 24 years old who have the early signs and symptoms of an eating disorder and /or disordered eating. It is intended to include those who are engaged in significant weight loss practices signaling that they may be at risk of Anorexia Nervosa or have a sub-clinical or clinical diagnosis of Bulimia Nervosa (BN) or Binge Eating Disorder (BED).

The group is held at Butterfly House, Crows Nest Sydney.

## Overview

Butterfly's Youth Program is a 10-week group therapy treatment program that addresses the core psychological and physiological factors of an eating disorder. The primary treatment approach is largely CBT-E, as developed by Christopher Fairburn.

The approach of the Butterfly therapists is based on and incorporates the principles of Carolyn Costin's work, particularly the use of the 'eating disorder self' and 'healthy self' terminology. This terminology supports a non-judgmental approach to discussing eating disorder cognitions and behaviours that rolls with resistance, whilst fostering and empowering the individual's 'healthy self' to challenge cognitions and behaviours that support the eating disorder. Carolyn Costin's work draws on a number of evidence-based interventions (e.g., CBT, IPT, and DBT) that support behavioural experimentation and change.

The Youth Program will instill the belief that being fully recovered from an eating disorder is possible.

## Program Outline

The main treatment approach of the Youth Program is based on group therapy sessions. Group sessions run on a Monday and Thursday evening from 6-9pm. We also encourage attendance from loved ones or family members in specific family therapy sessions in weeks three, five, seven and ten.

The Youth Program includes:

- Supportive meal therapy
- Weekend review and contract group
- Multi-family group
- "Bigger – picture" group
- Skills group

## Supportive Meal Therapy

A key component of the Youth Program is supporting clients with nutrition and meal goals, identified through collaboration with appropriate parties including any variation of; client's treatment team, the client, the Youth Program staff, and family members. Youth Program participants and the team will share a meal at each session. The Youth IOP will also incorporate a family meal session in weeks 3 and 7 in which a family member is supported by the therapy team to become the 'meal supporter' for their loved one.

**For more information or to make a referral, please contact:**

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