

## FREE GROUP TREATMENT FOR BINGE EATING AND BULIMIA

Are you interested in 16 sessions of small group-based CBT for binge eating or bulimia? This program could be suitable for you. The group will be facilitated by an eating disorder-specialist clinical nurse consultant and psychologist within the RPA eating disorders ambulatory clinic. You will need to meet with one of our psychiatrists for an assessment prior to starting the group.

The program is designed for people who are:

- 18 years old or older;
- Have a BMI > 18.5 - 35;
- Able to commit to 16, weekly 90-minute sessions run on Tuesdays from 12pm – 1:30pm (**starting Tuesday 30<sup>th</sup> January 2018**);
- Able to seek a GP referral to the group and see their GP for ongoing physical check-ups for the duration of the program.

If you're interested, please speak to your GP or psychiatrist and obtain a referral to the RPA Eating Disorder Outpatient Clinic Binge Eating Group. Please note numbers are limited.

To register your interest in this group please contact:

**Hayley Bennett, CNC, Peter Beumont Eating Disorder Ambulatory Service, SLHD**

**P: 9515-1430**

**E: [mhrpapsych@sswahs.nsw.gov.au](mailto:mhrpapsych@sswahs.nsw.gov.au)**

**For information on how to refer, visit:**

**<http://cedd.org.au/?s=PBU+EDS&x=25&y=8>**