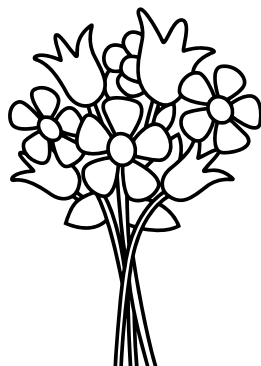


Eating Disorder Clinic



“I learned what I needed to move on and lead a happy, productive life.”

“I always felt cared about, important, nurtured, and treated with respect.”

Eating Disorder Clinic

Who is the Clinic for?

The Eating Disorder Clinic offers a treatment program for people with anorexia nervosa, bulimia nervosa, and other specified eating disorders. The Clinic does not offer treatment for binge-eating disorder.

What is an eating disorder?

Eating disorders happen when food, eating, and body image problems are used to express a person's concerns about themselves. About 90% of people diagnosed with eating disorders are women.

There is no single cause of eating disorders. Self-esteem and identity concerns, family factors, socio-cultural influences, trouble coping with stressful or traumatic situations, and too much dieting often contribute to an eating disorder. Eating disorders have less to do with food and eating than with how you see yourself in the world.

Anorexia nervosa and bulimia nervosa are serious disorders in which a person may have emotional, psychological, and social problems as well as physical symptoms.

People with eating disorders are more likely to have depression, obsessive/compulsive behaviours, addictions, personality disorders, low self-esteem, and physical problems including osteoporosis, infertility, gastrointestinal damage, etc., and may even die.

Where will I stay?

Treatment can be done as an outpatient, in the day hospital, or as an inpatient. When you are referred to the Clinic, you will talk with your healthcare team to choose the best treatment option for you.

Inpatient treatment is usually best for people whose bulimia is not getting better with intensive outpatient treatment. It is also for people whose body weight and physical state makes it hard for them to get treatment outside the hospital.

Day hospitalization or inpatient treatment is sometimes needed to make sure you are well enough to continue as an outpatient. If you live outside of the metro Halifax area, you are eligible to stay free of charge at Point Pleasant Lodge during your treatment.

What does the treatment include?

Treatment happens in groups. You will have your meals as part of a group. Skill groups will teach you ways to help manage your disorder, such as:

- › Interpersonal skills
- › Coping skills
- › Goal setting
- › Problem solving

Therapy groups will help you learn about self-esteem, relational issues, and other underlying issues that may have contributed to your disorder.

With group support and encouragement, you will work to normalize your eating patterns and attitudes and establish a healthy, normal weight.

What are the different groups?

Stages Group:

This is a 4-week pre-treatment group. You will learn about eating disorders and their treatment, the Eating Disorder Clinic, and whether you are ready for treatment.

Nutri-logical Group:

This is a weekly group. We will help you start to change your behaviours and attitudes about food and eating, and learn about nutrition. You will keep a daily food diary, set weekly eating goals, and share your experiences with the group.

Meal Experiences Group:

You will plan, prepare, and eat meals with this group throughout the week. This will help you to be more comfortable and confident in everyday food situations.

Skills Group:

You will learn about emotions, self-compassion, and assertiveness. We will also focus on kitchen skills.

**It's not what you're eating...
...it's what's eating you.**

Mind and Body Group:

You will explore body image issues, relationship issues with parents, and how self-esteem is affected by your eating disorder.

Finding Purpose Group:

This is a weekly group. You will explore parts of your life that you feel are important, such as social, career, school, family, etc. We will work with you to set and achieve goals that will help you lead a more balanced and meaningful life.

What's Eating You? Group:

This group gives you a chance to talk about the issues in your life. You are encouraged to share your thoughts and feelings, make connections between your thoughts, feelings, and behaviours, get support, and find new ways of coping.

Process Group:

You will have the chance to give feedback to your team and other group members, and to talk about any concerns you have about the treatment program.

“There was a gentleness in all of the facilitators and yet honesty and directness. It feels like a safe environment to come to each week.”

When are the treatment groups?

Treatment groups run from Monday to Thursday each week. There are no groups on Fridays for the Outpatient Program. We will work with you to adjust the treatment to your needs and availability. You must attend the Nutri-logical Group, plus one meal experience each week for the Outpatient Program. The Nutri-logical Group runs weekly on either Monday mornings or Tuesday afternoons.

How do I get referred to the Clinic?

A referral from your doctor is needed for the Eating Disorder Clinic. Referral forms are available online or on request and must be returned by mail or fax in order to get treatment at the Clinic. (See back cover of this pamphlet for mailing address and fax number.)

1. Once we get your referral, we will send you an assessment survey/questionnaire. You must fill this out in order for your referral to be processed.
2. Once your referral has been processed, we will contact you for an individual assessment.
3. If appropriate, you will be placed on the waitlist for the pre-treatment group (Stages Group) or referred to the Inpatient or Day Hospital Program. Stages Group is a 4-week pre-treatment group that teaches you about eating disorders and their treatment, the Eating Disorder Clinic, and whether you are ready for treatment.
4. If you and the team decide that treatment is the right choice for you, the team will design a treatment schedule for you.

The facilitators “were always understanding and supportive, empathic and sympathetic, while also making sure that I challenged myself with suitable goals, and pushing me gently whenever I ‘stalled’.”

How can my family help?

Family members often feel frustrated and helpless in trying to understand, cope with, and support their loved ones. The Clinic’s focus is on working with group participants; however, family members seeking further support may contact the Clinic at 902-473-6288.

www.nshealth.ca/programs-and-services

Under ‘Programs and Services’, click on ‘Halifax area (not including IWK Health Centre) and West Hants’. Next click ‘E’, scroll to Eating Disorder Clinic and click ‘Visit Website’.

**What are your questions?
Please ask. We are here to help you.**

NSHA Eating Disorder Clinic
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Abbie J. Lane Memorial Building
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Halifax, NS B3H 2E2

Phone: 902-473-6288
Fax: 902-473-6282

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>
Contact your local public library for books, videos, magazines, and other resources.
For more information go to <http://library.novascotia.ca>

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Nova Scotia Health Authority
www.nshealth.ca

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The information is not intended to be and does not constitute healthcare or medical advice.
If you have any questions, please ask your healthcare provider.

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The information in this pamphlet is to be updated every 3 years or as needed.