



Eating Disorders Treatment Information Programme



What is the Eating Disorders Treatment Information Programme?

The Eating Disorders Treatment Information Programme at St Patrick's Mental Health Services (SPMHS) is a one-day multidisciplinary team-led group programme for those who are experiencing eating difficulties and who would like to learn more about recovery from eating disorders and treatment options available.

This comprehensive programme offers you the opportunity to learn more about eating disorder recovery through presentations from a wide range of clinicians specialising in eating disorder care and treatment. Programme content includes the role of therapies such as occupational therapy and art therapy in eating disorders recovery; the role of social work in recovery from an eating disorder; physical health considerations in eating disorders; and dietitian input in eating disorder care.

As part of the programme, you will also have the opportunity to meet individually with a clinician on the Eating Disorder Service team at SPMHS who will further explore your difficulties in relation to eating, as well as your general physical and mental health, current circumstances and how the eating disorder may have developed.

Treatment options and potential care plans will also be discussed with you, with time from the group set aside for each programme participant to meet individually with the Consultant Psychiatrist.

Who is the Eating Disorders Treatment Information Programme for?

This programme is suitable for people who are experiencing difficulties with eating and who would like to learn more about recovery from eating disorders and the treatments available.



What is the structure of the Eating Disorders Treatment Information Programme?

The Eating Disorders Treatment Information Programme runs for one full day and comprises group and individual breakout sessions.

During the first part of the programme, participants will meet with members of the Eating Disorders Service clinical team for around 60 to 90 minutes. During this meeting, the clinicians will discuss current difficulties in relation to your eating, as well as also exploring your mental health and physical health generally; your current circumstances; your background and personal history; and how the eating difficulties may have developed.

Following these discussions, the multidisciplinary team will convene to discuss each participants' difficulties and to make recommendations for your care, which are then discussed with you. You will then have the opportunity to ask any questions you may have.

A number of recovery-focused presentations, delivered by the multidisciplinary team, are also delivered throughout the programme. Towards the end of the day, you will have a meeting with the Eating Disorders Service's Consultant Psychiatrist to review your proposed care and recovery plan.

As many components of this programme are delivered in a group setting, we would like to remind you that at all times, a confidential and supportive space will be maintained. We ask that all participants attending uphold these principles of support and privacy.

Please find below a sample of what a typical timetable for this one-day programme comprises:

Time	Content	Delivered by
09.30am - 09.45am	Welcome and programme outline <i>Group session</i>	Eating Disorders Service clinical team
09.45am - 11.15am	Individual meetings with the Eating Disorders clinical team <i>Individual breakout session</i>	Eating Disorders Service clinical team
11.15am - 11.30am	Break	
11.30am - 12.00pm	The role of occupational therapy and art therapy in eating disorder recovery <i>Group session</i>	Occupational Therapist
12.00pm - 12.30pm	The role of social work in eating disorder recovery <i>Group session</i>	Social Worker
12.30pm - 1.30pm	Lunch break	
1.30pm - 2.00pm	Recovery and treatment recommendations <i>Individual breakout session</i>	Eating Disorders Service clinical team
2.00pm - 3.00pm	Physical health considerations in eating disorders <i>Group session</i> And Individual recovery plan meetings <i>Individual breakout session</i>	Senior Registrar in Psychiatry Consultant Psychiatrist
3.00pm - 3.30pm	Recovery from eating disorders: St Patrick's Mental Health Services' inpatient and day patient programmes <i>Group session</i>	Clinical Nurse Manager
3.30pm - 4.00pm	Dietician input in eating disorder care <i>Group session</i>	Dietician
4.00pm	Programme ends	



Who runs the Eating Disorders Treatment Information Programme?

The programme is delivered by a multidisciplinary team specialising in eating disorder care and recovery and includes a consultant psychiatrist, a senior registrar in psychiatry, an occupational therapist, a social worker, clinical nurse managers and a dietitian.

When and where?

The programme is a one-day programme that runs online via Microsoft Teams from 9.30am - 4.00pm. The programme takes place one Tuesday a month on a rolling basis.

How are referrals made?

Referrals to the Eating Disorders Treatment Information Programme are accepted directly from GPs and other mental healthcare professionals.

For information about referrals to day programmes, visit stpatricks.ie or contact our Referral and Assessment Service by emailing referrals@stpatricks.ie or by phoning 01 249 3635.

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July 2024