

About Eating Disorders

Eating Disorders are complex problems in which food, eating and body image difficulties become the language through which a person's concerns about themselves are expressed. Anorexia Nervosa and Bulimia Nervosa are serious disorders in which a person may experience emotional, psychological, and social difficulties as well as numerous physical complications. The number of people suffering from eating disorders appears to be on the rise. While not a frequent occurrence, people sometimes die from eating disorders. Furthermore, there are several associated problems that are more likely to occur for those with eating disorders including depression, obsessive/compulsive behaviours, addictions, personality disorders, self-esteem deficits and a variety of physical problems including osteoporosis, infertility, gastrointestinal damage, etc. Approximately 90 % of people diagnosed with eating disorders are women. There is no one cause of eating disorders. Rather, they are multi-determined, that is, they have many causes. Self-esteem and identity concerns, family factors, socio-cultural influences, difficulties coping with stressful/traumatic situations, and excessive dieting often tend to be involved in contributing to the development of an eating disorder. Eating disorders have less to do with food and eating than how you see yourself functioning in the world.

"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."

CLINIC TREATMENT TEAM

Tanya Hamilton, (R.N.)
Nurse and Clinic Team Leader

Jennifer Grant Moore, (P.Dt.)
Dietitian

Yvette Scattolon, (Ph.D.)
Psychologist

Cheryl Aubie, (Ph.D.)
Psychologist

Brad Holley, (M.O.T., O.T.)
Occupational Therapist

Aaron Keshen, (M.D. FRCP(C))
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Go to Capital Health, under Programs and Services select "E", scroll to Eating Disorders Program

Eating Disorder Clinic physician referral forms are available online or upon request and must be submitted in order to seek treatment at the Clinic.

The QEII Eating Disorder Clinic is part of:



Capital Health

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EATING DISORDER CLINIC



Capital Health

A different today. A better tomorrow.

The Treatment Program

The Eating Disorders Clinic treatment program has been designed to offer a variety of treatment options through the outpatient, day hospital, and inpatient programs to help individuals overcome anorexia nervosa, bulimia nervosa, and eating disorders not otherwise specified (The clinic does not offer services to treat binge-eating disorder). Treatment is offered through a series of groups. Groups include meal experiences with patients such as snacks, breakfasts, lunches and suppers. In addition, a variety of skills groups such as interpersonal, coping skills, goal setting and problem solving groups are there to help patients develop healthier and more effective ways of dealing with difficulties they face. Therapy groups address a range of issues including self-esteem, relational issues, and help clients gain insight into underlying issues that may contribute to the eating disorder.

With group support and encouragement, clients work to normalize their eating patterns and attitudes and adopt and non-dieting lifestyle. Underweight patients work to achieve a healthy, normal weight.

The treatment runs from Monday to Friday weekly (no groups on Fridays for the outpatient program). The treatment will be tailored to suit the client's needs and availability. Attendance to Nutri-logical group, plus one meal experience is required for the outpatient program. Nutri-logical group runs weekly Monday mornings and Tuesday afternoons.

Recommendation of Inpatient or Day Hospital Care

When you are referred to the Eating Disorder Clinic, it may be determined that inpatient care or Day hospitalization is appropriate. Inpatient treatment is usually intended for those patients whose bulimic behaviours are not improving with intensive outpatient treatment, and patients whose body weight and physical state are at a level that prevents appropriate treatment outside hospital. Inpatient care or Day hospitalization will be absolutely essential for some patients before they can be considered stable enough for the outpatient program. The decision about the type of program (i.e. level of hospitalization) required for each patient will be determined between the team and the patient.

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

The Treatment Groups

STAGES is a four week pre-treatment group that is offered to people to provide education about eating disorders and their treatment, information about the Clinic, and assist patients in determining their level of readiness to engage in treatment.

NUTRI-LOGICAL is a weekly group to help patients begin the process of changing behaviours and attitudes about food and eating, and to learn about nutrition. Members participate by keeping daily food diaries, setting weekly eating goals, and by sharing how they are doing with the group.

MEAL EXPERIENCES are incorporated to help patients become more comfortable and confident in everyday food situations. These experiences include meal planning, preparing meals, and eating meals throughout the week in a supportive environment.

INTERPERSONAL GROUP This group is dedicated to learning about healthy communication and assertiveness. Patients will come to view assertiveness as a skill that can be learned and developed. Areas of focus in the group include assertive rights, barriers to self-expression, and ways to communicate thoughts and feelings effectively.

MIND AND BODY This group will help participants learn skills to help them make changes in behavioural, emotional and thinking patterns by increasing mindfulness and emotion regulation. It will also explore how your self-esteem and body image are profoundly affected by an eating disorder.

FINDING PURPOSE is a group designed to help explore aspects of life that you deem valuable (social, career, academic, family, etc.). This weekly group helps participants to set and achieve goals leading toward a more balanced and meaningful life.

WHATS EATING YOU? This group provides participants with a space to discuss issues that arise in their daily lives. Group members are encouraged to share thoughts and feelings, make connections between their thoughts, feelings, and behaviour, explore new ways of coping, and receive support.

PROCESS GROUP This group is designed to provide patients with an opportunity to give feedback to the team, other group members and to process interpersonal concerns related to the treatment program.

"...[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"."

The Referral Process

***A referral from a physician is required for the Eating Disorders Clinic**

- 1) Once the referral is received, an assessment survey/questionnaire will be sent to the patient. It is important for this to be completed in order for the referral to be processed.
- 2) Once the referral is processed, the patient will then be contacted for an individual assessment.
- 3) If appropriate, the individual will be placed on the wait-list for a pre-treatment group, called the Stages or referred to the Inpatient or Day Hospital Program. The Stages is a four-session group that helps individuals learn more about the role of their eating disorders and readiness to engage in treatment.
- 4) If our services meet the needs of the individual and they are willing to engage in treatment, a treatment schedule will be designed specifically for them.

Family Support

Family members of those living with an eating disorder often feel frustrated and helpless in trying to understand, cope with, and support their loved one with an eating disorder. There are limited opportunities for family support through the Clinic. Those wishing further support should contact the Clinic at 473-6288.



"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."