



# Teamwork and Safety

## Vital Roles in the Treatment of Eating Disorders

Eating Disorders are complex conditions, and no one practitioner is perfectly placed to respond to all of the needs of one client. There are four types of practitioner who are important to consider in the treatment of Eating Disorders.

1. The Psychologist. My job is to help you understand your disorder (and yourself!), identify strategies for changing beliefs and behaviours, help you to implement them, and work towards your goals beyond your illness.
2. The Medical Doctor. A medical doctor is a must when treating Eating Disorders. These illnesses can cause a variety of potentially serious physical complications, and their job is to ensure that your body is working properly while we do therapy.
3. The Psychiatrist. Not all clients with Eating Disorders see a psychiatrist, but they can be a very helpful support. They know a lot about medication that might help you to feel better while you are undergoing psychological treatment.
4. The Dietitian. Depending on the type of Eating Disorder they may become involved earlier or later in treatment. Their specialty is in understanding the different types of nutrients the body needs to work properly and to help you incorporate these into your diet.

Some clients may also benefit from the input of a Physiotherapist or Exercise Physiologist.

*I can do things you cannot, you can do things I cannot; together we can do great things.*

*- Mother Teresa*

## Non-Negotiables

Every client must have a GP

Every client with a restricting and/or purging type eating disorder must see their GP at least every month

Every client who has a BMI of less than 18.0 kg/m<sup>2</sup>, or who has lost a noticeable amount of weight quickly, should see their GP at least every fortnight

If a GP requests weekly visits, this will be supported by the psychologist.

If your GP determines that you require hospitalisation, psychology treatment will be discontinued until such time as you are well enough to continue. If your body is struggling, that is the most important thing to address.

Appointment attendance needs to be a priority: please make sure you can come to all scheduled appointments. We book appointments in advance to make sure we offer you the frequency of sessions you need. Our appointments are in high demand: if you are not able to attend at the scheduled time we cannot guarantee our ability to offer you an alternative time prior to your next booked appointment.