



Eating Disorder Day Program (RISE)

RISE is an outpatient group program that runs once a week for 8 weeks. RISE aims to support those who have made progress with eating disorder behaviours and want to explore deeper into how to rebuild their lives and discover who they are after recovery from an eating disorder.

What does it involve?

RISE uses two treatment approaches: Temperament-Based Therapy with Supports (TBT-S) and The Embodied Approach to Treating Eating Disorders (EAT-ED) providing a holistic, individualistic approach to recovery.

Temperament-Based Therapy with Supports (TBT-S) is a neurobiological, psychosocial behavioural based approach focused on integrating cutting edge information about the brain-basis of eating disorders into treatment. TBT-S requires a support person (family, carer, partner) to be involved and attend a number of sessions throughout the program.

EAT-ED focuses on mindful awareness, mindful self-care and exploration of purpose. We use somatic based principles to facilitate a mind body connection and help the person become connected to their body. EAT-ED uses a range of approaches such as gentle movement, sensory exploration, mindfulness and bodywork to re-connect to the self.

RISE provides opportunities for exploration of interest and identity through community outings where the group explores various places throughout Geelong CBD.

RISE is facilitated by an accredited occupational therapist with a lived experience of an eating disorder. The program believes in the importance in creating a life worth living whilst simultaneously working on recovering from an eating disorder. The Dragonfly is the emblem for RISE. It symbolises transformation, adaptability and creating an understanding of the deeper meaning of life.

How to Refer?

Admission is via referral from a psychiatrist accredited to The Geelong Clinic followed by an assessment by the Day Program Intake team. Participation in the program is typically funded by private health insurance.

When

The program runs for 8 weeks on Wednesdays from 9.30am - 3.00pm. To find out further details and the next commencement date please contact The Geelong Clinic on **03 5240 0700**.