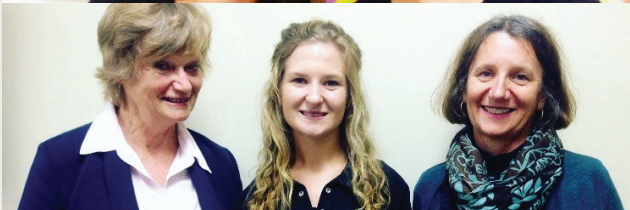
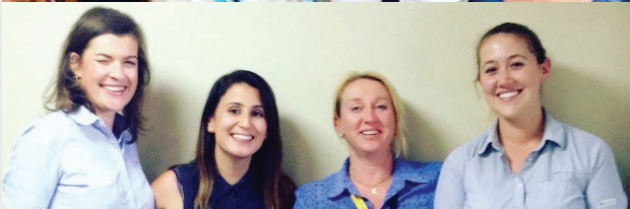


# The EDP Team



## Access to The Geelong Clinic EDP Program

### Admission Process

A referral letter is required from a GP or a treating psychiatrist. A physical assessment is also required by the GP to determine current physical health. When contact is made with The Geelong Clinic, an EDP information pack will be sent together with a form for the GP to complete.

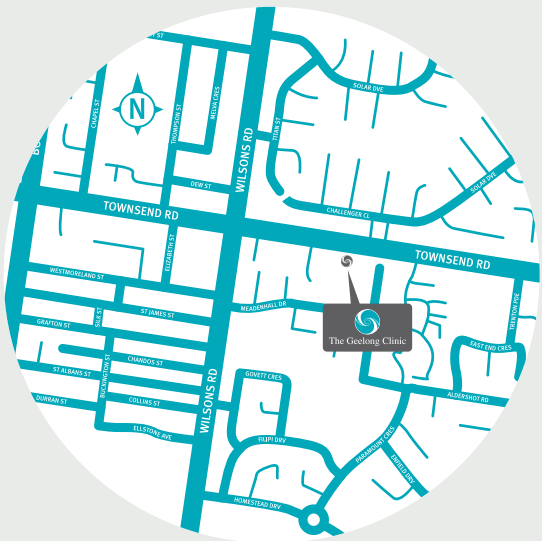
An assessment appointment will then be scheduled. Patients are not admitted on the day of assessment and are contacted at a later point to discuss the outcome.

### Costs

The Geelong Clinic is a private psychiatric hospital and for this reason health insurance is recommended.

### Contacting us at EDP

Phone: 03 5240 0700  
Email: [tgc@healthscope.com.au](mailto:tgc@healthscope.com.au)



The Geelong Clinic

98 Townsend Road  
St Albans Park VIC 3219  
Phone: 03 5240 0700 | Fax: 03 5248 4852  
[www.thegeelongclinic.com.au](http://www.thegeelongclinic.com.au)

A Healthscope hospital.

ABN 85 006 405 152



The Geelong Clinic

## Eating Disorder Program (EDP)





## The Geelong Clinic Eating Disorder Program (EDP)

**The Geelong Clinic offers a specialised inpatient Eating Disorders Program (EDP) and runs two 40-day inpatient programs:**

- Learn to Eat at Peace (LEAP)
- Proactive Recovery Enhancement Program (PREP)

**Programs have been developed by health professionals in collaboration with consumers and are based on a philosophy centred on:**

- Trust (i.e. establishing a trusting partnership with your treating team)
- Dignity (i.e. providing a humanistic approach that retains dignity and respect)
- Individualised treatment (i.e. recognising that recovery from an eating disorder takes time and the path is different for everyone).

## Learn to Eat at Peace (LEAP)

LEAP is an eight-bed, 40 day inpatient unit.

LEAP aims to support patients begin the process of recovery from an eating disorder and learn new skills to replace eating disorder behaviours.

Often, but not always, patients admitted to LEAP will need support in weight restoration.

In LEAP, all meals and snacks are prepared by the hospital and patients are supported during their meals. Patients are expected to eat three meals and three snacks per day.

Both group and individual therapy is provided to the patients in LEAP.

For LEAP, the program's emblem is a turtle helping to remind patients during their recovery process that "it's not the size of the step that counts, it is the direction".

## Proactive Recovery Enhancement Program (PREP)

PREP is a five-bed, 40 day inpatient unit.

PREP aims to support those who have already begun their journey of recovery and to help consolidate skills in replacing eating disorder behaviours with a greater sense of autonomy and self-directedness. PREP also focuses on supporting patients learn new life skills to help move toward living a more fulfilled life.

PREP is for those who are ready to take on more responsibility as they move towards recovery.

This will include assistance in challenging themselves with tasks designed to expand their ability to budget, shop, prepare, cook and eat food.

Treatment will be tailored to the individual and their particular vulnerabilities and strengths with an emphasis on the whole person and their unique history.

In PREP, some meals and snacks are prepared by the hospital and others are prepared by the patient as part of their therapy. Patients are expected to eat three meals and three snacks per day.

Both group and individual therapy will be provided to the patients in PREP.

Building blocks are the symbol for our program, representing the process of recovery as a creative work in progress assembled piece by piece, taking shape over time.

## Testimonies from patients

*"The entire team at EDP are amazing. So gentle, reassuring and understanding. They have helped me and taught me so much. I highly recommend the clinic."*

*"Throughout my time in The Geelong Clinic Eating Disorder Program, I learnt the skills needed to live a life free of Anorexia Nervosa. A life where it is possible to live at peace."*

*"For so many reasons I have found myself trusting the team in the Eating Disorder Program more than my eating disorder. I never thought I could do that. I am so relieved to be learning that there is safety in a world away from my eating disorder. I had no hope when I came into the program. Now I am working towards full recovery, however long it takes."*

*"The Geelong Clinic Eating Disorder program gets that eating disorders are unique and individual. They know that eating disorders come in all shapes and sizes and so I was never made to feel like I wasn't sick enough. I felt empowered to make difficult decisions and supported to deal with the backlash of my eating disorder."*

*The staff seem to genuinely appreciate how hard we work. I think that the Eating Disorder Program strives to model 'normal eating', but actually delivers much more; they have shown me how to love myself back to life".*