

## More information

If you have any questions, please do not hesitate to call us on **03 5240 0700**.



  
**The Geelong  
Clinic**  
by Healthscope

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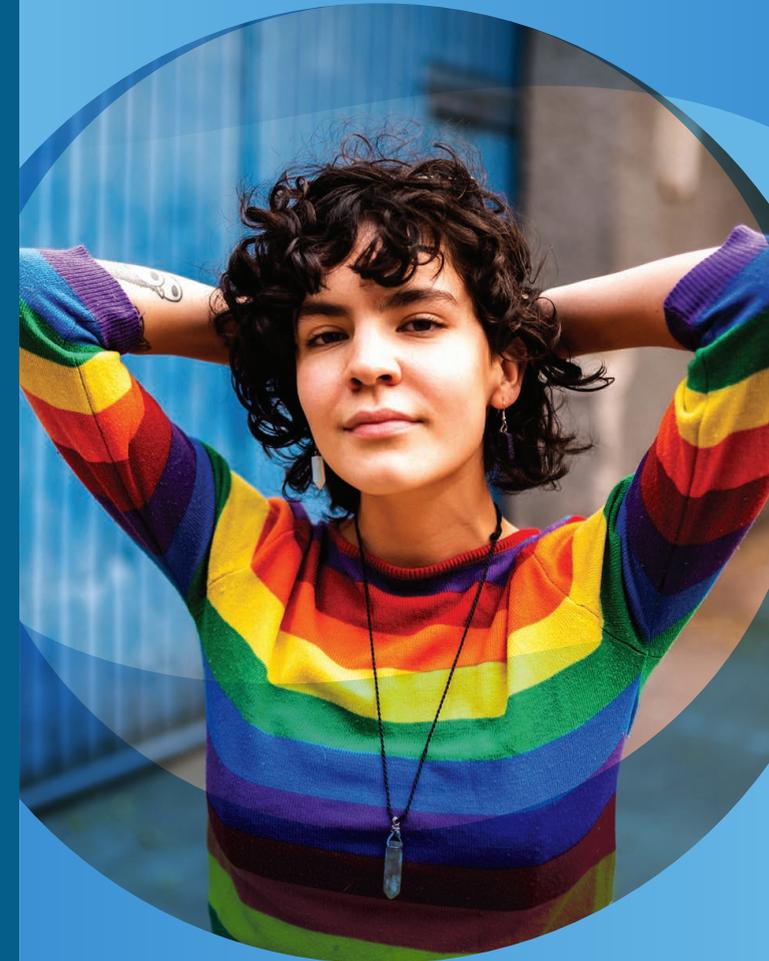
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# Eating Disorder Day Program (RISE)

Information for patients, carers,  
family and support persons



Community  
of Care

 **The Geelong Clinic**  
by Healthscope

**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.

RISE is facilitated by a team of eating disorder specialists. The team consists of a psychologist, dietician, lived experience mentor and occupational therapist. 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.



### 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.

### Cost

We have agreements with Private Health Funds and participation is typically funded by private health insurance. Self-funding is also an option.

All referrals are subject to a health fund check prior to admission to a program.

Please call us to discuss any questions you may have in relation to cost.

### Obtaining a referral

To be admitted to our programs, you will need to ask your General Practitioner for a referral to a Geelong Clinic accredited Psychiatrist. The Psychiatrist will then refer you to the Day Program.

Your GP can address your referral to: 'Dear Doctor at The Geelong Clinic' or the Psychiatrist of your choice.

The referral should be faxed by your GP to **03 5248 4852**.

Following a cover or funding, you will be contacted for an assessment by the Day Program Intake team prior to admission.

