

Emotional Eating Program

Providing resources, education and clinical support to enhance the ability to change self-defeating patterns of thinking and behaving.

Who is the program for?

Individuals who have a difficult relationship with food resulting in either over-eating, under eating, weight gain, food-addiction or poor self-esteem.

Program Content

- Understanding disordered eating
- Addressing body image
- Reducing problem behaviours
- Challenging feared foods
- Managing emotions
- Balancing exercise
- Thought challenging
- Self-worth
- Understanding interpersonal triggers
- Understanding emotional triggers
- Learning mindful eating strategies

About the program

This full-day program aims to provide support to patients who engage in disordered patterns of eating. It also seeks to address body image and self-worth to help participants develop a healthy relationship with food. This program incorporates strategies from CBT-E, DBT and ACT.

When is it held?

One day a week over 12 weeks as detailed below. Closed group with set intake dates. Morning tea and lunch is provided.

8:30am - 9:00am Registration and sign-in
9:00am - 2:45pm Group Program

Check our website for the current timetable.

Day Program Attendance

If you or your health professional believe this program would be beneficial to you or your loved ones, please obtain a referral from a South Coast Private Psychiatrist or contact us on the details below.

How much does it cost?

South Coast Private has contract arrangements and approved programs with majority of private health funds, however, there may be some out of pocket expenses based on your level of cover. Patients that do not have private health insurance need to contact us to obtain cost estimate for day programs attendance.

Further Information

For information on this program please contact the South Coast Private Day Programs Team.

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