



Eating Disorder Education for Dancers, Teachers and Families

Eating Disorder – Treatment Options

Accessing appropriate treatment early is crucial in recovering from an Eating Disorder. The level and type of care can depend on the severity of your ED, as well as the support network and resources you have. When considering treatment options for you or your loved one, it's important to understand the difference between each option and that each person responds differently to each treatment.

Your Treatment Team

Eating Disorders are complex and thus requires a strong teamwork from different health professionals. In most cases you will need, on your team:

- A **GP** (and often a psychiatrist too if you require medications)
 - Responsible for physical health assessment; making referrals to other health professionals and; make arrangements for hospital admission if required
- A **psychologist**
 - Provide psychological counselling to help the person develop skills to overcome eating disorder behaviours and thoughts
- A **dietitian**
 - Provide nutritional advice and counselling to help the person feed and nourish themselves and; equip the person with skills and strategies to overcome eating disorder behaviours and thoughts

This [summary information sheet](#) by InsideOut on Choosing a Treatment Team is highly recommended.

It's important that you feel comfortable with each of the treatment members on your team. Even if you don't have everyone, start with one health practitioner that you can trust: they will often have their own strong network so they can recommend you a person that's suitable for your unique needs.

Level of Care

Depending on the severity of eating disorder, your health status, and the support networks you may or may not have around you, the level of care suitable for you may be different. Here is a summary of the different levels of care. Please note that this could also differ between countries and some places may not have the full range of care available.

Level of care	Detail of cases and situations when this option is suitable
Outpatient	This is when you see your treatment team (e.g. dietitian, psychologist, GP) individually, by visiting their clinics or hospitals, often at regular frequencies (e.g. once a week or



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	fortnight). It requires good motivation and medical stability from the patient.
Intensive Outpatient Treatment (IOP)	IOP usually includes set hours (e.g. half-days or full-days) of group program for one to three days a week. It will often include one meal and/or snack per visit as part of the treatment.
Residential	Residential treatment provides 24-hour care for those who are medically stable but require supervision of behaviours and meals.
Inpatient	Inpatient hospitalisation provides 24-hour care for those who are not medically stable and need significant amount of monitoring of vital signs, bloods, and/or feeds.

Courtesy: National Eating Disorders Association

As dietitians specialising in dance nutrition and eating disorder treatment, Dancers Don't Diet offers high quality outpatient nutritional counselling to promote recovery in a nourishing and compassionate way. We offer in-person and virtual sessions to ensure high quality continuity of care as we understand the schedules of dancers. If you have any questions, you are always welcome to contact us through [email](#).

Information courtesy: National Eating Disorders Collaboration. National Eating Disorders Association.

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