

The Resilience Centre Eating Disordered Behaviour Programs

Procedures and Fee Schedule

An Eating Disorder referral comes from a medical doctor in the form of an Eating Disorder Plan (EDP). The following fees relate to EDP referrals only.

Item (# of people in session)	Fee
Individual sessions	
Initial individual Consultation (1) 50-55mins	\$250
Subsequent individual Consultation (1) 50-55mins	\$220
Joint sessions	
Parents Consultation (2+) 50-55mins	\$250
Family Consultation (2+) 50-55mins	\$250

Failure to attend a scheduled appointment/ Cancellation
(later than 2pm the previous business day) \$100

Recommended booking schedule

- Initial bookings are to be made for at least 4 sessions, approximately 1 – 2 weeks apart based on availability.
- Sessions may be used for either the client, the parents or the whole family.
- The structure and pace of further appointments will be determined following the initial assessment.

For those under 18 years:

- The first session should have both the young person and the significant carers in attendance.
- In the case of Anorexia Nervosa, family therapy is based on the Maudsley approach. For more information see <http://www.maudsleyparents.org/whatismaudsley.html>

For those over 18 years:

- The first session can be just for the intended client but can also involve any other significant person(s) whom the client feels might be supportive for them through the process. Eg, parents, partner, flatmate, best friend etc.
- If not attending the first session, these people are also welcome at subsequent sessions at both the client's and therapist's discretion.