



International Eating Disorder Centre

Anorexia Nervosa,
Bulimia Nervosa,
Compulsive Overeating,
Binge Eating Disorder,
and Associated Disorders



Designed for people
seeking positive change

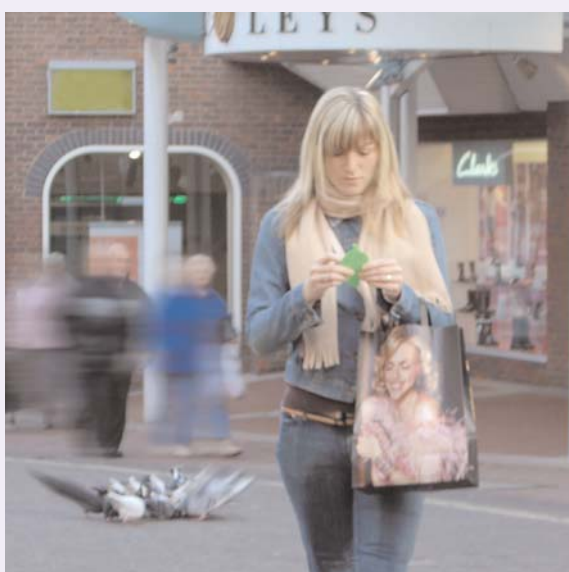


The Importance of Effective Treatment

The International Eating Disorders Centre (IEDC) is a unit of the Royal Buckinghamshire Hospital and provides comprehensive and effective programmes, with the expertise required, to enable clients to return to fully functioning, normal lives. The Centre has been established since 1996 and utilises the skills of a comprehensive range of mental health professionals to provide intensive multi-disciplinary, inpatient programmes. The Centre also offers a complete

package of care from pre-admission assessment and in-patient care to post-discharge follow up, day care, and out-patient support. An out-patient treatment programme for suitable patients is run by the Consultant Psychologist.

Treatment consists of a core programme individually tailored to specific needs. This is particularly relevant, and links with the facilities of The Royal Buckinghamshire Hospital situated a few minutes away, enabling the Centre to



enjoy the facilities of large physiotherapy and hydrotherapy departments as well as providing vital medical input and medical overview when required.

Built on many years experience, the Centre is recognised as being in the forefront of treatment of eating disorders. It has individual rooms and facilities for nine residents and is registered with The Commission for Social Care Inspection. (CSCI). It is run as a comfortable and homely non institutional facility.



Multidisciplinary Team

The staff at the International Eating Disorders Centre comprises a multi-disciplinary team of professionals dedicated to the Centre's philosophy. The team includes Consultant Psychiatrists, a Consultant Psychologist, Psychotherapists, qualified Counsellors, Registered Mental Nursing Staff, Care Assistants, General Practitioner/RBH Medical Staff, a Chartered Physiotherapist, a Chartered Occupational Therapist, a State Registered Dietician,



Catering Manager, and Pastoral staff, all with knowledge and experience in the field of eating disorders. This multi-disciplinary team is dedicated to achieving full patient recovery, with mutual patient co-operation.

The Centre's 24 hour medical cover is provided by the partners of a local GP practice, in collaboration with the resident medical officers from the Royal Buckinghamshire Hospital.

The multi-disciplinary team offers preliminary assessments, case management advice, and comprehensive reports and treatment plans prior to admission as well as throughout the treatment programme.

The Treatment Approach

The programme aims to restore not only the clients' physical state, but also sensitively addresses other unresolved emotional and psychological issues which so often underlie eating disorders. Emphasis is placed on emotional expression and on the cognitive processes and values that are associated with the eating disordered mind. The elements of the programme at the Centre comprise many different therapeutic interventions, and research has shown that such

eclectic multi-disciplinary treatments are most successful in the management of eating disorders. Not least, motivational enhancement therapy to address client's ambivalence and resistance is implemented throughout the programme.



Levels System - Five Levels

The levels system is designed to offer patients increasing independence and autonomy, but without loss of underlying support and encouragement. It helps to set goals, achieve reasonable aims, and increase self-responsibility and self-confidence.

Level 1

All new patients are admitted to Level 1, which allows for assessment of the general physical condition, cognitive functioning, emotional expression and any pastoral needs, in preparing the individualised treatment plan.

Level 2

Advancement to Level 2 is significantly dependent upon improved general health and measurable improvement regarding normalisation of emotional, psychological and physical states.

Level 3

Advancement to Level 3 signifies distinct stability achieved with regard to Level 2 parameters, and a positive alliance with the multi-disciplinary team to actively pursue recovery. "Family Week" is also completed.

Level 4

Advancement to Level 4, **Partial Care**, allows the new and healthy coping mechanisms, which have been learned, to be put into practice. This entails living out at evenings and week-ends in independent, close care, flat accommodation owned by the Centre, and processing the challenges arising therefrom, during week-days at the Centre. Entry into work/education is the normal sequel to completion of Level 4.

Level 5

Aftercare - For entrenched sufferers who have no real experience of "normal living": People who have suffered from their disorder for many years, often require an extended period of support before self sufficiency, work or, continuing with education can be achieved and maintained. The duration of Level 5 can be up to 1 year. A shared house under the care of house parents is available for those who wish to utilise this facility.



Admission Criteria

All referrals to the IEDC must be medical in origin. This may be from a GP, a Consultant Psychiatrist/Psychologist or Case Manager

- ◆ Patients must be aged 16 or over
- ◆ All patients should be assessed by the Psychologist, prior to admission, if possible.
- ◆ The physical condition of the patient must not present an imminent risk to life.
- ◆ The primary diagnosis has to be that of an eating disorder. If an eating disorder is associated with another mental disorder, then that disorder must be thought manageable or treatable within the IEDC. (Assessment of risk is given special consideration.)
- ◆ When an eating disorder presents as a co-morbid condition to chronic physical conditions (e.g. cystic fibrosis, diabetes, etc), it must be thought to be manageable within the IEDC, with the assistance of RBH medical cover.



Referral Procedure

Clients are accepted for treatment in collaboration with the referring agent. Funding must be agreed by the appropriate NHS funding body, or similar agencies for clients outside the UK. Clients wishing to self fund or use private insurance are also accepted.



Follow-up Programme

Our follow-up programme involves regular contact with our discharged clients which may be as frequent as weekly according to the need.

Day Care

The day care programme consists of a modified form of the Levels System. It is an individualised programme for those for whom it is deemed appropriate. Participants in the programme may be involved from 8.15 am to 7.00 pm according to need.

Outpatients

Out-patients are assessed by our Consultant Psychologist prior to an individualised programme being devised for them. This normally consists of individually planned weekly sessions with the Psychologist.



International Eating Disorder Centre

For enquiries regarding admissions or for further information, please contact the Administration Department.

119/121 Wendover Road, Aylesbury, Bucks HP21 9LW

Telephone: (01296) 330557

Fax: (01296)339209

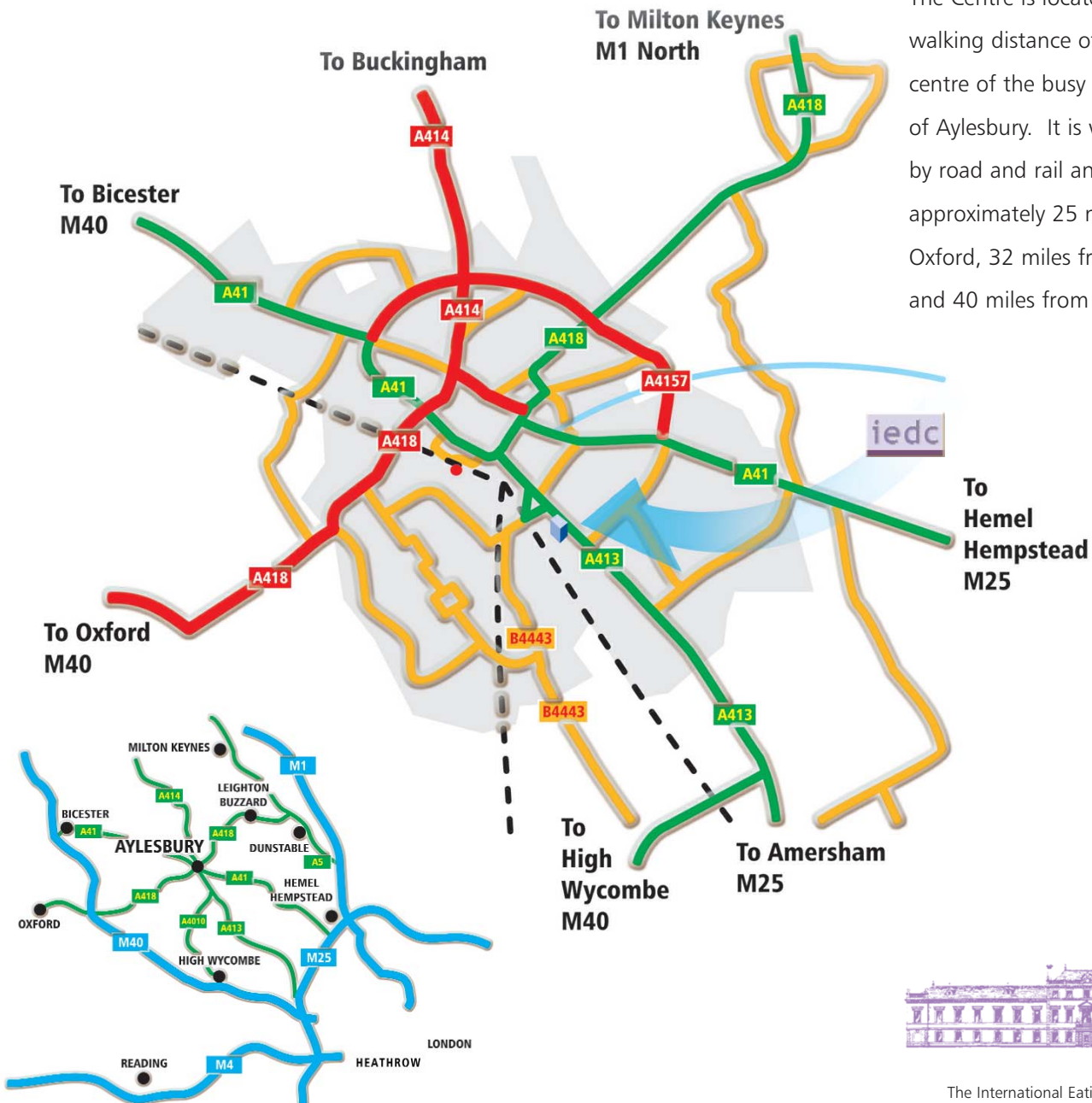
Email: enquiries@eatingdisorderscentre.co.uk

Visit our Web Site: www.eatingdisorderscentre.co.uk



Location

The Centre is located within easy walking distance of the town centre of the busy market town of Aylesbury. It is well connected by road and rail and is approximately 25 miles from Oxford, 32 miles from Reading, and 40 miles from London.



The International Eating Disorders Centre
A Unit of the Royal Buckinghamshire Hospital