

eTherapies

Binge Eating eTherapy

This program is aimed at people who might be experiencing mild to moderate symptoms of binge-eating disorder and/or bulimia nervosa.

Pure self-help

Users can choose to complete BEeT as a pure self-help eTherapy, meaning they complete the four modules over 8 weeks, or 10 modules over 16 weeks, in their own time and at their own pace.

Connecting with a client

Clinicians and users can 'connect' with one another on the eClinic. Connecting your accounts allows you to:

- Monitor the user's progress through their eTherapy
- Review the user's in-session activities, homework tasks and toolbox, where they records food intake, thoughts and behaviours, goals and challenges
- Review the user's questionnaire results, indicating levels of psychopathology and distress, to inform treatment planning and to manage risk.

Guiding a client

If a person chooses to be guided through Brief BEeT, you will need to schedule 5 weekly 30-minute support sessions with them, this is in addition to the 4 online sessions the person completes as part of the Brief BEeT eTherapy.

The first support session (Session 0) will allow the person to set up their eClinic account, and for you both to connect accounts. The subsequent four support sessions are designed to allow you to support the person to engage with their online modules – you can clarify, reflect, assist with their learning and problem-solving, and support with motivation to undertake and complete the eTherapy.

Skilled

This program is suitable for people with restrictive or binge eating symptoms who are 12 years or over and struggle with food, weight or shape issues.

Skilled is a transdiagnostic program with 11 self-paced modules. The first 5 'core' modules use Cognitive Behavioural Therapy (CBT) and are completed at a time convenient to the user. The remaining 6 modules can be completed in any order the person chooses and at their own pace. Each session takes approximately 20 minutes.

Each session is highly interactive, featuring psycho-education about eating disorder symptoms, self-monitoring skills and practical tools to manage emotions and eating patterns.

Supported

This is a 5-module program designed to help people caring for a loved one with an eating disorder.

The program can be completed at a time suitable for the person, and each session will take 60 minutes to complete.

All sessions are highly interactive, providing information about available resources and treatment options, as well as practical skills like how to provide support around mealtimes, strategies for avoiding and responding to conflict and how to care for your own physical and mental health needs.

Interested in an eTherapy?

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