



# **EATING DISORDERS' TREATMENT IN EU & USA**

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## Foreword

This brochure provides a brief overview of the different ways in which state institutions, civil society organizations and private health clinics in Europe and the United States, treat eating disorders. We selected examples of countries that can serve as an inspiration to Croatian healthcare and social system in advancing the treatment of patients, as we believe that in Croatia, eating disorders have yet to be systematically addressed.

We have stated numerousness of experts and abundance of financial support to health institutions in other countries, and the infrastructure that supports people with eating disorders from the local to the national level of treatment.

We hoped to show that a good cooperation between the civil sector and government health institutions is possible and that civil society organizations can provide high-quality consulting services, day care or organized accommodation to those suffering from eating disorders.

We would particularly like to emphasize the importance of individual and multidisciplinary approach to patients with anorexia nervosa, bulimia nervosa and eating disorders not otherwise specified. In all of the examples listed an expert team and openness to integrate different therapeutic approaches to individualized therapy programme has proven to be crucial.

We are grateful to all Croatian experts using their knowledge, enthusiasm and patience in helping people with eating disorders.

Jelena Balabanić Mavrović, M.Sc.



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<b>Name of the Organization</b>	AKH
<b>City</b>	Vienna
<b>Country</b>	Austria
<b>Type of the Organization</b>	General Hospital – Faculty of Medicine in Vienna – University Clinic for Child and Youth Psychiatry
<b>Target Group</b>	<ul style="list-style-type: none"> <li>• Patients: 10-17 years old – anorexia nervosa nad bulimia</li> <li>• Programme duration: 3-48 months (up to 4 years)</li> </ul>
<b>Services</b>	<ul style="list-style-type: none"> <li>• Clinic for eating disorders: <ul style="list-style-type: none"> <li>- Diagnostics (medical, psychological, psychiatric, psychosocial);</li> <li>- Prescribing individual therapies, check-ups;</li> <li>- Medical therapy;</li> <li>- Psychotherapy (specialized psychotherapists);</li> <li>- Counselling and consultations.</li> </ul> </li> <li>• Internet Forum – help with bulimia nervosa</li> <li>• Group therapy for patients with anorexia nervosa</li> <li>• Inpatient therapy for patients with anorexia and bulimia</li> </ul>



<b>Activities</b>	<ul style="list-style-type: none"> <li>• Scientific activities, research and development</li> <li>• Cooperation with international partners</li> <li>• Possibility to participate in research work – a list of researches: <a href="http://www.ess-stoerung.eu/index-Dateien/Page13064.htm">http://www.ess-stoerung.eu/index-Dateien/Page13064.htm</a></li> </ul>
<b>Professional Staff</b>	<p>Associates in the day hospital AKH, Vienna: teachers at the department, occupational therapy therapists, speech-language pathologists, music therapists, psychotherapists, social workers and nutritionists.</p> <p>16 associates involved in research work also participate in the treatment of patients with eating disorders: 7 psychologists, 3 general practitioners, 4 psychiatrists, one pedagogue and one social worker.</p>

<b>Funding ( AKH)</b>	<ul style="list-style-type: none"> <li>• Health insurance</li> </ul>
<b>Specials</b>	<ul style="list-style-type: none"> <li>• The duration of the programme is divided in phases (from phase 1 to phase 4: 3 to 6 months, and phase 5 lasts at least 2 years). Phase 1: Medical examination, tube feeding, repose, exclusion of family, starting with psychotherapy. Phase 2: Weight gain, prescribed diet and monitoring by nurses during meals, contact with family and other patients from the department. Phase 3: Self-control when eating, intensive individual therapy, group therapy, family therapy. Phase 4: Involvement of family and social environment – family therapy, friends and preparation for an outpatient programme. Phase 5: Outpatient phase – family therapy, individual and group therapy, self-help groups</li> </ul>

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<b>Name of the Organization</b>	Sowhat – Competence Center People with Eating Disorders
<b>City</b>	Vienna
<b>Country</b>	Austria
<b>Type of the Organization</b>	Counseling and therapy facility, founded in 1993.
<b>Target group</b>	<ul style="list-style-type: none"> <li>• Children: 10 – 18 years old</li> <li>• Adults: women and men</li> <li>• Anorexia nervosa, bulimia nervosa, binge eating disorder and eating disorders not otherwise specified.</li> <li>• On average, therapy lasts 2 years and 1 month. The best results are obtained from therapy lasting approximately 3 years.</li> </ul>

<p><b>Services (Sowhat, Vienna)</b></p>	<ul style="list-style-type: none"> <li>• Treatment is divided: Programme for the treatment of young people aged 10 – 18 years Programme for the treatment of adults (from the 18 years of age)</li> </ul> <p><u>Programme:</u></p> <ul style="list-style-type: none"> <li>• Individual and group psychotherapy</li> <li>• Systemic family therapy</li> <li>• Integrative creative therapy</li> <li>• Logo therapy and lifestyle analysis</li> <li>• Psychodrama</li> <li>• Behaviour therapy</li> <li>• Psychotherapeutic hypnosis</li> <li>• Psychodynamic psychotherapy</li> <li>• Dynamic group psychotherapy</li> <li>• Analytically oriented group therapy</li> <li>• Music therapy</li> <li>• Body movement therapy</li> <li>• Integrated Bio Dynamics</li> </ul>  <p><u>Within the Institute</u> <u>operate:</u></p> <ul style="list-style-type: none"> <li>• Self-help group for women</li> <li>• Self-help group for men</li> <li>• Self-help groups for family members</li> <li>• Nutritional counselling</li> <li>• Information Experts Group (for specialized physicians, family doctors, social workers and psychologists)</li> <li>• Informational groups for school children</li> <li>• Informational groups for parents, teachers</li> <li>• Telephone and e-mail counselling</li> </ul>
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<b>Activities (Sowhat, Vienna)</b>	<ul style="list-style-type: none"> <li>• “When the Soul is Hungry” – the first Austrian campaign to raise awareness about eating disorders (through written media – leaflets in newspapers and magazines, commercials on the radio and TV). The campaign is supported by celebrities from the worlds of politics, media and public life.</li> <li>• “Show Your Teeth to Bulimia” – a project in collaboration with the Viennese University Clinic of Dentistry for the prevention of damage to the teeth of people with bulimia nervosa (programme beneficiaries may use the services of the Clinic free of charge within a year).</li> <li>• PEC – school project for primary and secondary prevention of eating disorders in three Viennese schools. Professional education for teachers is also organized within the PEC project.</li> </ul>
<b>Professional Staff</b>	<p>Interdisciplinary team consisting of psychotherapists (child psychiatry and psychiatry for young people), psychologists, general practitioners and specialized physicians (neurology, internal medicine, orthodox medicine, paediatrics).</p> <p>Number of staff: 25 therapists, 5 physicians (general practice, paediatrics, psychiatry), 2 psychologists and diagnosticians (for children, young people and adults).</p>
<b>Funding</b>	<p>Contracts with Institutes of Health Insurance to fully or partially cover the cost of outpatient programme.</p>
<b>Specials</b>	<ul style="list-style-type: none"> <li>• “Sowhat” is currently the largest outpatient institution in Austria.</li> <li>• It participates as a partner organization in scientific research on eating disorders.</li> </ul>



<b>Name of the Organization</b>	The Maudsley Hospital
<b>City</b>	London
<b>Country</b>	England, UK
<b>Type of the Organization</b>	Treatment Centre for Eating Disorders
<b>Target Group</b>	<ul style="list-style-type: none"> <li>• Men and women aged 18 years or more (the treatment of anorexia nervosa, bulimia nervosa and EDNOS)</li> <li>• People that meet the diagnostic criteria for eating disorder and related conditions</li> <li>• Accommodation is available for 18 persons</li> </ul>
<b>Services</b>	<p><b>Inpatient treatment:</b></p> <ul style="list-style-type: none"> <li>• Support for females only aged 18 years or more</li> <li>• BMI &lt;15 or BMI&gt;15 with unstable biochemistry</li> <li>• Meet the diagnostic criteria for severe anorexia nervosa and related conditions</li> <li>• Physical complications associated with rapid weight loss, including unstable biochemistry</li> <li>• Treatment last from one to six months</li> </ul> <p><b>Step-up to recovery:</b></p> <ul style="list-style-type: none"> <li>• Support for both men and women aged 18 or more with BMI ≥</li> <li>• Diagnosis of anorexia nervosa or other severe or complex eating disorder</li> <li>• Medically safe to attend, including travelling to and from the facility</li> <li>• Willing to work towards becoming able to manage the eating disorder well enough to stay out of hospital and achieve improved social inclusion and quality of life</li> <li>• Motivated to engage in the programme consistently</li> <li>• Willing to agree objectives and meet attendance targets</li> </ul>



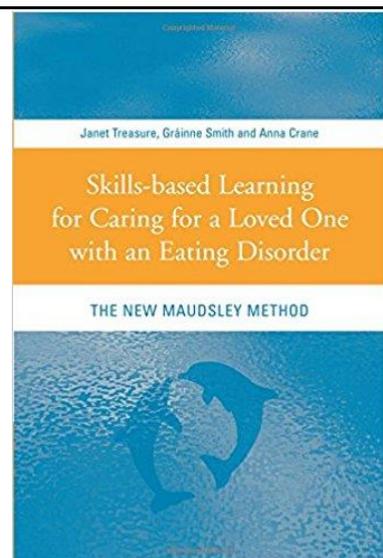
- Treatment lasts up to six months

**Day care:**

- Support for both men and women aged 18 or more with BMI  $\geq$  15
- Diagnosis of anorexia nervosa or other severe or complex eating disorder
- Person has to be medically safe to attend day care
- Aimed at individuals who have previously received inpatient or outpatient treatment which has not been sufficient to support recovery, or is at a stage physically or psychologically where more intensive support is required
- Motivated to engage in psychosocial programme and attend regularly
- Day care treatment lasts from six to nine months in average

**Outpatient treatment:**

- Intended for both men and women aged 18 + years
- Suspected diagnosis of anorexia nervosa, bulimia nervosa, binge eating disorder, mixed eating disorder or other 'eating problems' including selective eating, food phobia, functional dysphagia, food avoidance, weight loss in the context of depression, somatisation disorder, obsessive compulsive disorder, anxiety disorders or eating problems post obesity surgery





<b>Activities</b>	<p>Interventions in Maudsley Hospital include:</p> <ul style="list-style-type: none"> <li>• Family work</li> <li>• Motivational enhancement therapy</li> <li>• Maudsley model of anorexia nervosa treatment</li> <li>• Mentalization-based therapy</li> <li>• Specialist supportive clinical management</li> <li>• Cognitive analytic therapy</li> <li>• CBT</li> <li>• Cognitive remediation therapy</li> <li>• Assessment of daily living skills</li> <li>• Group work</li> <li>• Social skills</li> <li>• Skills-based training for families and carers</li> <li>• Dietetics</li> <li>• Nutritional rehabilitation</li> <li>• Occupational therapy</li> <li>• Dramatherapy</li> <li>• Peer mentoring</li> </ul>

<b>Professional Staff</b>	Interdisciplinary team consisting of psychiatrists, psychologists, clinical psychologists and registered mental nurse.
<b>Funding</b>	<p>Health insurance</p> <p>NHS Foundation Trust</p>



The Maudsley Hospital



<b>Name of the Organization</b>	Villa Garda Casa di Cura, Riabilitazione Nutrizionale/ Nutritional Rehabilitation
<b>City</b>	Garda, near Verona, Veneto region
<b>Country</b>	Italy
<b>Type of the Organizatio</b>	A private hospital, established in 1920, and providing treatment for other illnesses besides eating disorders.
<b>Target Group</b>	<ul style="list-style-type: none"> <li>• Patients with severe anorexia nervosa, bulimia nervosa or eating disorders not otherwise specified who have not responded to outpatient treatment.</li> <li>• Capacity: 28 patients (16 hospitalized and 12 patients in day hospital – staying overnight at home or in a separate facility outside the hospital)</li> <li>• There is no age limit for patients</li> </ul>
<b>Programme</b>	<p>Hospital programme of cognitive-behavioural therapy for eating disorders (CBT-E) is constituted of basic procedures applicable to all patients:</p> <ol style="list-style-type: none"> <li><b>1. Personal formulation of eating disorders:</b> It occurs in individual CBT-E meetings and is used to create an individual treatment programme.</li> <li><b>2. Monitoring of weight, eating habits and exercise:</b> Weighing once a week, accompanied by a nurse; monitoring behaviours for weight control (Eating Problem Questionnaire).</li> <li><b>3. The audit:</b> It is carried out at weekly meetings.</li> <li><b>4. Eating accompanied by an assistant:</b> During the first 6 weeks or until the patient reaches a BMI of 18, 5 patients are involved in deciding what their desired BMI is (usually, it is 19 or 20).</li> </ol>



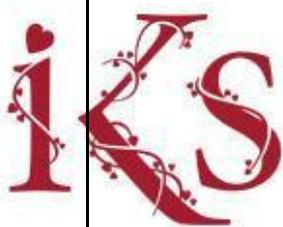
<p><b>Programme (Villa Garda)</b></p>	<p>Until the patient reaches a BMI of 18, 5 energy drinks are included in the diet.</p> <p><b>5. Eating independently</b></p> <p><b>6. Individual sessions with psychologist</b> (2x per week during the first 4 weeks; 1x a week later)</p> <p><b>7. Group therapy sessions:</b></p> <ul style="list-style-type: none"> <li>- <b>Psycho-education groups</b> (facts about eating disorders and CBT strategies for treatment);</li> <li>- <b>CBT-E groups</b> (for patients during the first 6 weeks of the programme – use of techniques to solve problems and manage moods that are triggers for symptoms of eating disorders ; nutrition groups; groups to address concerns of appearance and body weight – for patients from 7 – 20 weeks of the programme);</li> <li>- <b>Physical exercise group</b> (if possible, considering the medical condition of the patients. Callisthenic and some aerobic exercises are included. Group meetings are held two times a week. The coach is also trained in CBT- E. Exercises are carried out in the garden or in the gym with no mirrors).</li> </ul> <p><b>8. Involvement of loved ones (family, partner and friends):</b></p> <ul style="list-style-type: none"> <li>- Patients younger than 18 years and their loved ones are involved in the family module: 6 meetings with a psychologist; 2 family meals; 2 meetings with a nutritionist for meal planning at home.</li> <li>– Patients older than 18 years: 3 meetings with a psychologist during the programme.</li> </ul>
<p><b>Activities/Services</b></p>	<p>Treatment lasts 20 weeks: 13 weeks in hospital and 7 weeks in the day hospital.</p> <p>I. Educating patients about eating disorders, creating personalized images of mechanisms that maintain the eating disorder in the individual patient. (1st – 4th week)</p> <p>II. Patients create detailed reports on their progress and barriers to change. In collaboration with the psychologist, the patient assesses whether other psychological problems (clinical perfectionism, low self-esteem and interpersonal problems) contribute to the eating disorder. (5th – 6th week)</p>



<b>Activities/Services (Villa Garda)</b>	<p>III. Individualized part of the programme, tailored to the patient's problem. Addressing patient's concerns about body shape and weight, and the tendency to avoid foods and etc. Dealing with associated psychological problems of patients through a wider CBT-E approach. (7th –17th week)</p> <p>IV. Preparing the patient for outpatient treatment. (18th–20th week).</p>
<b>Professional Staff</b>	<p>A multidisciplinary team, expert in cognitive-behavioural therapy for eating disorders: a nutritionist, psychologist, general practitioner and nurses.</p>
<b>Funding</b>	<p>There is a possibility of using the Italian national health insurance or private payments.</p>



<b>Name of the</b>	<b>Interessegruppa for Kvinner med Spiseforstyrrelser (IKS)</b> <b>(Interest Group for Women with Eating Disorders)</b>
<b>City</b>	Oslo
<b>Country</b>	Norway
<b>Type of the Organization</b>	Registered as a non-profit self-help organization, founded in 1987.
<b>Target Group</b>	<ul style="list-style-type: none"> <li>• Women who have or have had eating disorders</li> <li>• People who are close to people with eating disorders</li> <li>• People from the environment of the affected individual: friends, colleagues, the wider community</li> <li>• Health care staff: practitioners, psychiatrists, psychologists, regional nurses</li> <li>• Other experts: coaches, teachers, priests</li> <li>• State institutions</li> <li>• Volunteers across the country</li> </ul>
<b>Services</b>	<ul style="list-style-type: none"> <li>• Support and assistance to women who have or have had eating disorders and their loved ones.</li> <li>• Dissemination of knowledge about eating disorders for the purpose of prevention; education of health professionals and the general population.</li> <li>• Preparation of a strategy and professional holistic treatment of eating disorders, and communication with local and state institutions, and government bodies.</li> </ul>
<b>Activities</b>	<ul style="list-style-type: none"> <li>• Telephone support from 9am to 3pm every day (except Thursdays) and 6am to 8pm on Mondays;</li> <li>• Personal support through conversations;</li> <li>• Self-help groups, email support;</li> <li>• Self-development courses;</li> <li>• Gatherings for family members;</li> <li>• Theme nights with internal or foreign speakers;</li> <li>• Open evenings – informal, social evenings;</li> </ul>



<b>Activities (IKS, Oslo)</b>	<ul style="list-style-type: none"> <li>• <i>Kvinnekraft</i> (Female Power) – the periodical for the interest group members is issued four times a week;</li> <li>• Internet forum;</li> <li>• Dissemination of information to the public through advertising, the human library (volunteers providing practical and expert advice), etc.</li> <li>• Summer camps with the self-development workshops, therapy groups and empowerment of participants are organized every year, and participants are members of the Association IKS from across Norway.</li> </ul>
<b>Professional Staff</b>	<p>Association IKS has 3-4 permanent employees and volunteer help. IKS was founded by three women who were themselves suffering from eating disorders. Everyone who works or volunteers in the Association has personal experience with eating disorders. Association IKS is focused on providing support as a supplement to the treatment.</p>
<b>Funding</b>	<p>Local authorities and the Norwegian healthcare institution of the Southeast region. Sponsorship by a variety of organizations and companies.</p>





<p><b>Name of the Organization</b></p>	<p><b>Regional avdeling for spiseforstyrrelser (RASP) (Regional Centre for Eating Disorders)</b></p> <p>(In Norway, health care is divided into regions, and each region has its own medical regional centre for the treatment of eating disorders. In Oslo, RASP covers the southeast region.)</p>
<p><b>City</b></p>	<p>Oslo</p>
<p><b>Country</b></p>	<p>Norway</p>
<p><b>Type of the Organization</b></p>	<p>Oslo University Hospital – Ullevål University Hospital (Oslo University Hospital came in 2010 with the merging of three former University hospitals: Aker, Ullevål and Rikshospitalet). RASP is a part of the Department of Mental Health and Addiction. Clinic Gaustad, Oslo, was founded in 2010.</p>
<p><b>Target Group</b></p>	<p>Children, adolescents and adults with eating disorders:</p> <ul style="list-style-type: none"> <li>• Anorexia nervosa,</li> <li>• Bulimia nervosa,</li> <li>• Binge eating disorder,</li> <li>• Atypical eating disorder,</li> <li>• Comorbid conditions with eating disorders.</li> </ul> <p>Local polyclinic in Gaustad deals only with adults, but besides the above mentioned disorders also with adiposity.</p>
<p><b>Services</b></p>	<p>RASP is spread over three floors:</p> <ul style="list-style-type: none"> <li>- Department for adults (over 18 years) – 12 patients</li> <li>- Department for children and adolescents – 6 patients</li> </ul> <p>Both departments have the same layout and square footage: the whole or parts of the family are hospitalized in the Department for children and adolescents and therefore a smaller number of patients.</p> <ul style="list-style-type: none"> <li>- Day Hospital</li> <li>- Polyclinic</li> <li>- Research Centre</li> <li>- Administration</li> </ul>

<p><b>Activities (RASP, Oslo)</b></p>	<ul style="list-style-type: none"> <li>• Highly specialized interdisciplinary clinical and outpatient treatment, individual and group therapy.</li> <li>• RASP – specializing in CBT and mentalization (psychotherapeutic method/ Antony Bateman), and receives patients from around the region.</li> <li>• Gaustad – specializing in psychodynamic approach and art therapy, receives patients from Oslo and the surrounding area.</li> <li>• Diagnostics and treatment, counselling, group family therapy, supervision by external therapists and institutions, classes for residents and students, organizing seminars and conferences, providing education for parents and spouses.</li> <li>• Programmes for people with special needs: people with chronic anorexia nervosa, diabetes, pregnant women and mothers with eating disorders, professional athletes (in cooperation with the Olympic Committee).</li> </ul>
<p><b>Professional Staff/ Departments</b></p>	<ul style="list-style-type: none"> <li>• <b>Department for adults:</b> one psychiatrist, 2 psychiatry residents, 2 psychology specialists, one psychologist who works 50% in the Department and 50% in the research centre on a doctorate, one food physiologist (nutritionist), one physiotherapist – psychomotor physiotherapy and Body Awareness Therapy specialist who works individually with patients and once a week leads meetings of the group to raise the awareness of the body.</li> <li>• The department has a kitchen with the cook.</li> <li>• In addition, the Department has 28 milieu therapists of different profiles – nurses, pedagogues, special education specialists, speech-language pathologists, social workers, ergo-therapists. They all have 3 years of higher education and at least one or two years of additional education in psychiatry. They are with patients 24 hours a day in three shifts.</li> <li>• A special team of experts responsible for each patient individually. They meet once a week for one hour, always at the same time and on the day when the patient is weighed. On that occasion the past week is evaluated and a therapeutic plan for the following week is made. The team consists of doctors, psychologists, nutritionists, physical therapists and two primary contacts from the group of milieu therapists. All milieu therapists are additionally educated in eating disorders. Physician or psychologist has the main responsibility in the team for the implementation of the therapy and he/she has individual therapy with the patient at least once a week.</li> </ul>



### Professional Staff/ Departments (RASP, Oslo)

**Department for children and adolescents:** one psychiatrist, one psychiatry resident, one psychologist, one family therapist and one nutritionist. This department has a kitchen with the cook too. Food for departments comes from the central hospital kitchen only for lunch on Saturdays and Sundays. Otherwise, bread is baked in the Department every day and fresh food is prepared.

In both departments four main meals are served, and for some patients also snacks. The Staff always eats with the patients. Main meals are to be eaten in half an hour, and snacks in fifteen minutes. Idle time after a meal lasts as long as the meal, except that patients with bulimia can get another half hour in agreement with their responsible therapist.

If necessary, the patient will have a scheduled interview with the primary contact (the milieu therapist) before and after meals. If the patient cannot eat a whole meal in half an hour, she drinks a replacement in the form of a high-calorie shake or agrees to tube feeding.

In RASP, male and female patients are treated both voluntarily and under legal compulsion (this is controlled by law required monthly commissions).

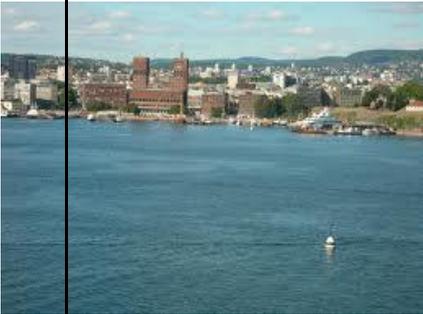
- **Day hospital:** The programme is held from 8am to 3pm three times a week for four months. Therapeutic approach consists of CBT (cognitive behaviour therapy) and mindfulness. Individual and group work. The group has a maximum of 15 patients. The team includes one psychiatrist, 2 psychology specialists, social worker and psychiatric nurse (nurse with higher education in medicine and a 2 year education in psychiatry) and a person who serves food. Patients and therapists eat together the meal at 11:30 am.

- **Polyclinic** offers individual sessions with a psychologist, a psychiatrist and a nutritionist, individual family therapy and

supervision. Groups for group family therapy are formed three times a year. 6 – 10 families have ten days of therapy with two meals a day during the period of one year. The first time they meet four days in a row, and then every seven weeks, one day.

Polyclinic also offers mentalization groups once a week, and each patient in the group has one individual session per week with the leader of the group.



<b>Professional Staff/ Departments (RASP, Oslo)</b>	<p>RASP has several therapists for cognitive remediation therapy (CRT).</p> <ul style="list-style-type: none"> <li>• <b>Research Centre</b> is the so-called brain trust. A few years ago it was led by Prof. Dr Brian Lask of London, one of the biggest names in this field, and now it takes a psychiatrist Oivind Ro. Since the end of 2011, 3 Master degrees and 8 doctorates in the field of eating disorders are in preparation, and a large number of scientific papers are published.</li> </ul>
<b>Funding</b>	<p>State University Hospital with 22 000 employees (basic health insurance).</p>
<b>Specials</b> 	<p>In Norway, psychiatric treatment is divided into so-called three lines. <b>The first line</b> is a primary care physician and authorized local psychiatric services. <b>The second line</b> is a specialist service – local and regional hospitals; District Psychiatric Outpatient Services (DPS) and therapists in private practice, specialized psychiatrists or specialized psychologists (psychologists who work with patients have 6 years of University education and 4 years of specialization).</p> <p><b>The third line</b> is the University level. RASP can only accept referrals from the second line, and not from the first. This means that patients who come to the highly specialized department have already undergone treatment within the local/regional specialist services, that is, have received treatment from District Psychiatric Outpatient Services or a specialized therapist. The referral shows the treatment that the patient has been receiving, it describes the current situation and states the clear reason why treatment is needed in the third line. In practice this means that RASP handles the hardest cases, that is, the patients who were treated unsuccessfully in specialist services. Most institutions for eating disorders receive patients with a BMI 15 and over (like RASP day hospital). RASP even handles patients with a BMI 10.</p> <p>After the patient has been received into RASP, the cooperation with experts from the second line continues on. Every six weeks a clinical conference is held for patients on the ward, where the patient is present, his medical team at the department, parents and external outpatient therapist (with a written consent of the patient above 18 years).</p>

<b>Specials (RASP, Oslo)</b>	<p>If necessary, home care nurses are engaged, who will talk with the patient after discharge from the hospital or will (if necessary) provide support during meals.</p> <p>A patient is admitted into the RASP programme and – after a successful treatment – returns to the outpatient programme to the same expert at the local/regional level.</p> <p>The waiting time for admission to the RASP department: 4 – 6 months. Patients with anorexia nervosa stay at the RASP department 3 – 18 months, and patients with bulimia nervosa up to 3 months.</p>
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<b>Name of the Organization</b>	ANAD e.V, established in 1984.
<b>City</b>	Munich
<b>Country</b>	Germany, Bavaria county
<b>Type of the Organization</b>	A registered voluntary association & inpatient facility
<b>Target Group</b>	<p>Patients with anorexia nervosa, bulimia nervosa, binge eating disorder, atypical eating disorders, obesity and borderline personality disorder.</p> <p>Users aged from 12 – 35 years (both men and women)</p> <ul style="list-style-type: none"> <li>• Capacity: 40 patients</li> <li>• The lowest BMI 16</li> </ul>
<b>Projects</b>	<ul style="list-style-type: none"> <li>• Drawing media attention to the problem of eating disorders: artistic photos of cured beneficiaries.</li> <li>• <i>Aktion Menschen</i> – raising public awareness, with the support of sponsors and appearances of public figures.</li> <li>• Prevention of eating disorders in school children: the organization of healthy snacks, cooking with renowned chefs in the city centre.</li> </ul>



<p><b>Activities/ Services (ANAD eV, Munich)</b></p>	<ul style="list-style-type: none"> <li>• <b>Therapeutic residential groups for women</b>, first established in 1994, today there are several ANAD e.V. residential groups in Munich, with a total of 40 vacancies.</li> </ul> <p>Professional supervision by the University Clinic for Psychiatry and Psychosomatics from Lubeck. Patients are aged from 12 to about 35 years. In one residential group there are 5 – 6 people. On weekends it is possible to spend the night outside the residential group (by appointment with the therapist).</p>  <ul style="list-style-type: none"> <li>• <b>Therapeutic residential group for men</b> – the only one in Germany, founded in 2006. Users from 18 to 35 years of age.</li> <li>• Individual and group psychotherapy (2 times a week);</li> <li>• For underage users there are regular meetings with family and parent education;</li> <li>• Separate programme for borderline personality disorder;</li> <li>• Separate weekly group therapy for the obese;</li> <li>• Body image assessment (BIA) analysis;</li> <li>• Sport activities;</li> <li>• For patients suffering from anorexia nervosa and bulimia nervosa there are individual nutritional consultations and a diary of meals is kept;</li> <li>• Joint cooking and eating, the supervision of other meals;</li> <li>• Art Therapy (painting and a variety of creative workshops);</li> <li>• Therapeutic climbing and free climbing;</li> <li>• Organized weekend activities (hiking , sailing, skiing, horseback riding), tours and travel.</li> </ul> <p>Beneficiaries fully maintain the household in addition to fulfilling their regular schoolwork.</p>
<p><b>Professional Staff</b></p>	<p>Total of 32 employees: 11 psychologists, 1 general practitioner, 1 psychotherapist, 4 nutritionists, 10 social workers, 5 administrative employees and one housekeeper.</p>

**Funding  
(ANAD eV)**


Residential groups have the support of the Office of Social Work (in Bavaria and other provinces) within the framework of social assistance for young people, while the treatment is covered by health insurance. Patrons are entitled to the Munich pass which allows them a discount on public transport.

Users have privileges at the Department of Employment in the consultation, and the first and second employment.

ANAD e.V. association receives donations and support from citizens or legal persons.



<b>Name of the Organization</b>	<b>CASA-ZWO e.V.</b> <b>Residential Groups</b> (Therapeutic counselling for women)
<b>City</b>	Göttingen
<b>Country</b>	Germany
<b>Type of the Organization</b>	Registered non-profit organization
<b>Target Group</b>	<p>Girls, aged 12 – 18 years</p> <ul style="list-style-type: none"> <li>• Capacity: up to 6 vacancies (in 2 residential units)</li> <li>• Exceptionally, affected persons of other age groups may be received for treatment.</li> </ul> <p><u>Included disorders:</u> Bulimia nervosa, anorexia nervosa and atypical eating disorders</p> <p><u>Exclusion Criteria:</u></p> <ul style="list-style-type: none"> <li>- Obesity, binge eating disorder</li> <li>- Drug addiction, delinquency</li> <li>- Psychosis, severe forms of behaviour as self-harm or suicidal tendency</li> <li>- Acute needs (clinical or inpatient treatment)</li> </ul>



<b>Services (Casa-zwo, Gottingen)</b>	<p>Inpatient residential places for girls with eating disorders (single room, shared room, shared kitchen, office).</p> <ul style="list-style-type: none"> <li>• Therapeutic range: stabilization, normalization of attitude toward eating, the relationship within the family, body awareness, attitude toward food and exercise, sexuality.</li> <li>• Educational part: teaching about nutrition, exercise, accompaniment for shopping and eating, structuring the day, educational and professional perspective, social relations, leisure.</li> <li>• Work with family members</li> <li>• Group therapy</li> <li>• Individual therapy</li> <li>• 24-hour duty</li> </ul>
<b>Activities</b>	<p>Following a successful stay in a residential group girls are monitored in their own apartments as outpatients. Support is provided in their work, education, leisure, socializing with friends, to help them cope in the interim period prior to independence. Receiving assistance in resolving family conflicts is an option.</p>
<b>Professional Staff</b>	<ul style="list-style-type: none"> <li>• 4 pedagogues with additional training in psychotherapy</li> <li>• one therapist</li> <li>• 6 educators</li> <li>• one nutritionist</li> </ul> <p>(2 housekeepers, one person – Administration )</p> <p>All staff has regular monitoring (every 14 days) and professional development courses (at least annually).</p>
<b>Funding</b>	<ul style="list-style-type: none"> <li>• Social Services – the Youth Office</li> <li>• The cost of psychotherapy is at the cost of health insurance</li> <li>• Start up financing: Aktion Mensch, Stiftung Deutsches Hilfswerk, IKEA-Stiftung (sponsorship)</li> </ul>



<b>Name of the Organization</b>	Shoen Klinik Roseneck
<b>City</b>	Prien am Chimsee (near Munich), Bavaria
<b>Country</b>	Germany
<b>Type of the Organization</b>	Private enterprise, family owned
<b>Target Group</b>	<ul style="list-style-type: none"> <li>• 14 –18 years old</li> <li>• Capacity of the children’s department: 24 beds</li> </ul>
<b>Services</b>	<ul style="list-style-type: none"> <li>• Working with eating disorders since 1995.</li> <li>• 24-hour intensive care interdisciplinary team: physicians, psychologists, therapists-assistants and collaborators from different fields of expertise.</li> <li>• Individual and group psychotherapy</li> <li>• Group work on eating disorder (information about healthy eating and the regulation of body weight, working with feelings and acceptance of one’s body)</li> <li>• Cooking classes (acquiring the skills of preparing one’s own food, balanced meals, simulation of everyday life in order to avoid relapse after leaving the clinic).</li> </ul>



<p><b>Services (Roseneck, Bavarien)</b></p>	<ul style="list-style-type: none"> <li>• Group therapy – social skills (working on self-esteem)</li> <li>• Accompaniment of each patient at admission, daily activities and meals by therapist – assistant.</li> <li>• Art Therapy (expression through the use of colour and a variety of materials; work on the emotions and creating a positive self-image)</li> <li>• Sport and Movement Therapy (work on the acceptance of one's own body)</li> <li>• Social Therapy – individual interview with a social worker (counselling for further therapeutic work or social inclusion, and consultations regarding education, employment or the rights of health care and pensions)</li> <li>• Physical Therapy (various types of massage, electrotherapy, medical baths, ergometer therapy)</li> <li>• Relaxation Therapy (a method of progressive muscle relaxation)</li> </ul>
<p><b>Activities</b></p>	<ul style="list-style-type: none"> <li>• Telephone consultations for young people aged 14 – 18 years (symptoms of eating disorders, information on the method and concept of inpatient treatment, information about admission procedures)</li> <li>• Working with a number of universities in Germany</li> <li>• Cooperation with associations for patients and counselling organizations</li> <li>• International and national charity actions for children, a humanitarian assistance for children abroad. Participate in donating to various actions, and supporting social organizations with money and material aid.</li> </ul>
<p><b>Professional Staff</b></p>	<ul style="list-style-type: none"> <li>• Permanent presence of child psychiatrist and nurses on the ward.</li> </ul>

<b>Professional Staff (Roseneck, Bavarien)</b>	<ul style="list-style-type: none"> <li>• Close collaboration with the interdisciplinary team: <ul style="list-style-type: none"> <li>- Doctors of various specialties: psychiatrists, child psychiatrists, psychologists, internists, neurologists, physiatrists</li> <li>- Nutritionists,</li> <li>- Art Therapy experts, sports therapists, Movement Therapy experts,</li> <li>- Social workers, therapists – assistants</li> </ul> </li> </ul>
<b>Funding</b>	Financing of the stay of patients is secured by contract with different health insurances in Germany.
<b>Specials</b>	<p>Each patient has intensive therapeutic accompaniment through her daily activities (continuous care and accompaniment during meals).</p> <ul style="list-style-type: none"> <li>• There is the possibility of attending local schools, accompanied by a therapist</li> <li>• Involving families in the programme to support and successfully cope with eating problems</li> <li>• Structural planning of the day and leisure activities</li> </ul>



<b>Name of the Organization</b>	ZwischenZeit; part of the non-profit organization Sozialwerk st. Georg e.V.	
<b>City</b>	Attendorn	
<b>Country</b>	Germany, Nordrhein-Westfalen	
<b>Type of the Organization</b>	Registered Non-Profit Organization	
<b>Target Group</b>	<ul style="list-style-type: none"> <li>• Young people aged from 14-28 years</li> <li>• 17 female beneficiaries in the programme: <ol style="list-style-type: none"> <li>1) intensive residential group with 7 vacancies,</li> <li>2) a standard group with 7 vacancies,</li> <li>3) one independent group with 3 vacancies</li> </ol> </li> </ul> <p><u>Included disorders:</u></p> <ul style="list-style-type: none"> <li>• Behavioural syndromes associated with physiological disturbances and physical factors – F5, especially eating disorders: <ul style="list-style-type: none"> <li>- Anorexia nervosa</li> <li>- Bulimia nervosa</li> <li>- Binge eating disorder</li> <li>- Obesity</li> </ul> </li> </ul>	





<p><b>Target Group</b> <b>(Zwischenzeit, Attendorn)</b></p>	<p><u>Comorbid conditions:</u></p> <ul style="list-style-type: none"> <li>- Post-Traumatic Stress Disorder</li> <li>- Depression</li> <li>- Borderline Personality Disorder</li> </ul> <p><u>Exclusion Criteria:</u></p> <ul style="list-style-type: none"> <li>- Acute addictions</li> <li>- Acute suicides</li> <li>- Acute clinical need for treatment</li> </ul>
<p><b>Services</b></p>	<ul style="list-style-type: none"> <li>• Nutritional counselling (individual and group), the counselling is conducted by staff, as well as the planning and supervision of meals</li> <li>• Regular monitoring by general practitioner (testing for drug abuse and weighing)</li> <li>• Therapeutic individual and group meetings (psychologist)</li> <li>• Practicing self-perception and the perception of others (social skills training, confidence training, training to overcome aggression)</li> <li>• Physical therapy (movement therapy, relaxation therapies)</li> <li>• Self-expression therapies (art therapy, music therapy, dance therapy)</li> </ul>
<p><b>Activities</b></p>	<ul style="list-style-type: none"> <li>• Support in crisis and conflict, support in family relationships. Structuring of daily activities, development of personal, educational and professional perspective, help finding an apartment after an inpatient programme, training self-help for the period following an inpatient programme.</li> <li>• Educational support for everyday activities: guidance for personal hygiene and cleaning the living room, instructions for working with money. Support in preparing meals, cooking and eating. Support for creating free time, encouraging personal interests and abilities.</li> </ul>



<b>Professional Staff (Zwischenzeit, Attendorn)</b>	<ul style="list-style-type: none"> <li>A team of 13 members are pedagogues, therapists, nutritionists, educators, a social worker, a housekeeper, a janitor (including 24-hour duty).</li> </ul>
<b>Funding</b>	<ul style="list-style-type: none"> <li>Stay of patients is financed by social insurance funds (for German nationals) under the social law for young people, and is realized through the Office for Youth within the Centre for Social Welfare.</li> </ul>
<b>Specials</b>	<ul style="list-style-type: none"> <li>Collaboration: with psychosomatic clinics, and other institutions for psychosocial care (counselling for girls and women, social services, day stays and workshops for people with disabilities, self-help groups), with the association "<i>Frau und Netzwerk Sucht</i>", and with schools and universities.</li> </ul>



<b>Name of the Organization</b>	Monte Nido and affiliates	
<b>City</b>	Area of Malibu, California McKenzie River, Eugene, Oregon	
<b>Country</b>	California/Oregon, U.S.A.	
<b>Type of the Organization</b>	Private organization specializing in eating disorders. Prof. Carolyn Costin opened the Monte Nido in 1996 as a result of 20 years of experience and clinical practice in the field of eating disorders.	
<b>Target Group</b>	Women (age range 16 – 65 years) Symptoms: anorexia nervosa, bulimia nervosa, exercise addiction.	



<b>Services (Monte Nido, SAD)</b>	<p>3 residential centres for treatment, including a service of day treatment.</p> <p>Programmes:</p> <ul style="list-style-type: none"> <li>• Full residential program</li> <li>• Programme for the interim period</li> <li>• Day treatment programmes</li> <li>• Full range of services for outpatient treatment and therapy</li> </ul> <p>Monte Nido programme involves a holistic approach to diet, exercise and problems with body image</p> <ul style="list-style-type: none"> <li>• Professional support in a friendly (like family) environment</li> <li>• Psychodynamic, cognitive-behavioural and dialectical behavioural therapy</li> </ul>
<b>Activities</b>	<ul style="list-style-type: none"> <li>• Each beneficiary gets her own plan of psychotherapy, diet and exercise, which is re-evaluated in accordance with the progress of the patient. The treatment programme is divided into specific levels through which each patient passes at her own pace.</li> <li>• Clinic provides specialized services for different conditions and diagnoses, including a specific programme for athletes.</li> <li>• Individual therapy</li> <li>• Group therapy – themes: self-esteem, body image, self-image, nutrition/exercise, intimacy, food and emotions, relationships with other people, anger and assertiveness, trauma/abuse</li> <li>• Individual family sessions as needed, weekly group sessions for more families, monthly family weekends.</li> <li>• Shopping for groceries and cooking meals are part of the programme of each beneficiary</li> <li>• Optional activities: cardiovascular fitness, hiking, walks on the beach, rehabilitation of injuries, games and sports activities, weight training, dance, yoga, swimming</li> </ul>
<b>Professional Staff</b>	<p>Most of the staff is specialists who had been recovered from eating disorders.</p> <p>The three centres – capacity for treatment of 44 patients.</p> <p>Permanent staff – around 150.</p>
<b>Funding</b>	<p>Health insurance</p> <p>Private financing</p>



<b>Name of the Organization</b>	<p>Enota za motnje hranjenja (EMH) (Department of Eating Disorders)</p>  <p>Psychiatric Clinic</p>
<b>City</b>	Ljubljana
<b>Country</b>	Slovenia
<b>Type of the Organization</b>	Inpatient department specialized in eating disorders, founded in 1999., professional guidance dr. Karin Srnec.
<b>Target Group</b>	<p>Women and men (17 years of age and older) EMH Capacity: 12 beds (8 female and 4 male patients)</p> <p><u>Symptoms:</u></p> <ul style="list-style-type: none"> <li>- Anorexia nervosa</li> <li>- Bulimia nervosa</li> <li>- Binge eating disorder</li> <li>- Orthorexia</li> <li>- Bigorexia</li> </ul> <p>Excluded are patients with severe mental disorders and physical illnesses, developmental or neurological disorders, obesity, which is not the consequence of eating disorders, addictions.</p>
<b>Services</b>	<p>Full residential programme lasting up to 6 months</p> <ul style="list-style-type: none"> <li>• Waiting list: patients report to a waiting list by themselves and confirm their status once a month. Waiting: 6 months.</li> <li>• Preparatory phase: work with a psychiatrist at the outpatient department during the waiting period</li> <li>• Hospitalization: stay in EMH 5 days a week, and on weekends patients stay in the family</li> <li>• The Intensive Section – active as needed (approximately 3 patients per year; BMI &lt;12; somatically stable)</li> <li>• Post-hospital phase: After leaving the EMH the work is continued through support groups and individual treatments.</li> </ul>



<b>Activities (EMH, Ljubljana)</b>	<p>The three phases of treatment:</p> <p>I. Symptomatic phase (cognitive behavioural therapy): aimed at controlling the symptoms: 4 – 6 weeks</p> <p>II. Psychodynamic phases: individual and group (as appropriate) Additional psychotherapeutic techniques:</p> <ul style="list-style-type: none"> <li>• Support groups for family and loved ones</li> <li>• Psychodrama</li> <li>• Therapy dog</li> <li>• Motion-expressive therapy</li> <li>• Music Therapy</li> <li>• Social skills</li> <li>• Autogenic Training</li> <li>• Art Therapy</li> </ul> <p>Duration: 6 – 8 weeks</p> <p>III. Reintegration phase: preparation for release from the Unit for eating disorders (specific plans)</p> <p>The entire treatment process lasts up to 6 years.</p>
<b>Professional Staff</b>	<p>Professional team: 2 psychiatrists, a clinical psychologist, a social worker, a kinesio-therapist, a musicologist, a specialist in psychodrama, a pedagogue, a nurse.</p>
<b>Funding</b>	<p>Health insurance for the citizens of the Republic of Slovenia. Possibility of private payments for services for foreign nationals.</p>



<b>Name of the Organization</b>	Stockholms Centrum för Ätstörningar Stockholm Centre for Eating Disorders (SCED)
<b>City</b>	Stockholm
<b>Country</b>	Sweden
<b>Type of the Organization</b>	Specialized state centre for eating disorders (the largest in Sweden).
<b>Target Group</b>	Users of all ages; referred by a medical professional or a personal call.
<b>Services/Activities</b>	<p><b>Mobile Unit</b></p> <ul style="list-style-type: none"> <li>• Home visiting is provided for patients whose eating disorders are very serious, and where a quick assessment is needed or it is the first treatment attempt.</li> <li>• Treatment by a mobile unit can last up to 6 – 8 weeks – until the patient begins another form of treatment.</li> </ul> <p><b>Clinic</b></p> <ul style="list-style-type: none"> <li>• Psychiatric/medical counselling</li> <li>• Training and support in planning meals</li> <li>• Psychotherapy – individual/family/group</li> <li>• Family and social support and involvement in the support network</li> <li>• Nutritional advice</li> </ul> <p><b>Day hospital</b></p> <p>It provides an interval programme lasting 20 weeks for older adolescents and adults (&gt; 16 years), with the majority of disorders from anorexic spectrum. Treatment in the day hospital takes place between 9 am and 3 pm through the week, and continues with the programme at home for two weeks.</p> <p>Content of the programme:</p> <ul style="list-style-type: none"> <li>• Daily individual therapy sessions</li> <li>• Daily joint dining</li> <li>• Group Therapy</li> <li>• Music Therapy</li> <li>• Art Therapy</li> <li>• Thematic groups</li> <li>• Physical Therapy</li> </ul>



**Services/  
Activities  
(SDEC,  
Stockholm)**

**Day stay unit**

- Provides contract secured treatment lasting 16 weeks for adult users (> 18 years) with a range of problems from bulimic spectrum. The treatment takes place either in the morning or afternoon, and it is based on group work.

Content of the programme:

- Daily joint dining
- Group Therapy
- Art Therapy
- Training of gaining a positive image of one's own body
- Thematic groups
- Individual sessions for treatment planning (with the contact person)

**Family apartments**

Residential treatment for younger users (< 16 years) has been performed in apartments specially equipped for this purpose. The entire family resides in apartment during 6-8 weeks. One member of staff is available in the apartment all day, especially at meal time. The family visits family therapist. The purpose of this method is to support parents in their roles, and to correct and strengthen the schedule and the routine of meals. Parents are offered additional group activities.

**Residential programme**

Department has eight beds available, primarily for terminally ill beneficiaries with anorexia nervosa, and two emergency beds for beneficiaries from mobile units. The goal of treatment is to stop the starvation, monitoring of medical complications and establishing normal eating and meal schedule. An additional goal is to involve the beneficiary into the psycho-therapeutic process.

If possible, beneficiaries of a residential programme are also involved in group activities such as:

- Psychotherapeutic Group
- Art Therapy
- Music Therapy
- Training of gaining a positive image of one's own body
- Family support

Each beneficiary has her own contact person for individual sessions and treatment planning.



<b>Professional Staff (SCED, Stockholm)</b>	<ul style="list-style-type: none"><li>• Psychiatrists specialized in children and adolescents</li><li>• Psychiatrists</li><li>• Pediatricians</li><li>• Psychologists</li><li>• Social workers</li><li>• Psychotherapists</li><li>• Occupational Therapists</li><li>• Physiotherapists</li><li>• Nutritionists</li><li>• Chefs</li><li>• Nurses</li><li>• Medical staff</li><li>• Administrative staff</li></ul>
<b>Funding</b>	Health insurance





<b>Name of the Organization</b>	BODYWHYS – The Eating Disorders Association of Ireland
<b>City</b>	Dublin
<b>Country</b>	Ireland
<b>Type of the Organisation</b>	Company limited by guarantee (CLG)
<b>Target Group</b>	Children, adolescents and adults who suffer from eating disorders and their family members.
<b>Services</b>	<p><b>Helpline – 1890 200 444</b></p> <p>The helpline is open for two hours a day, six days per week and is delivered by a team of trained volunteers. The helpline is open to anyone and offers a confidential support and information service.</p> <p><b>Support groups</b></p> <p>Bodywhys offers two types of support groups: one group for persons with eating disorder and other group for family members and friends. Support groups are not therapy groups, although they can have a therapeutic effect, helping persons in group feel calmer and more able to cope. Both support group sessions are free.</p> <p><b>Bodyswhysconnect: Online Support Group (19+)</b></p> <p>Online support group is aimed at people with eating disorders aged 19 years and more who may be geographically isolated from a support group or at persons who find it too difficult to attend a face-to-face group. Online support group is free.</p> <p><b>Youthconnect: Online Support Group (13-18)</b></p> <p>Free, online support group is offered to people with eating disorders</p>

	<p>aged 13-18 and is based on the idea of mutual support. In this group people can come together, with 2 trained facilitators to get and give support to one another about their experiences.</p> <p><b>Email support</b></p> <p>Free and confidential e-mail support service for residents of the Republic of Ireland. E-mail support is open to anyone affected by eating disorders, including family members, friends and partners, work colleagues, housemates, teachers, youth workers and other professionals.</p>
<p><b>Activities</b></p>	<ul style="list-style-type: none"> <li>• The „Be Body Positive“ campaign is a youth-centred campaign which aims to help young people to feel more positive about their bodies.</li> <li>• PiLaR programme – free four week structured programme, including both psychoeducation and support, as well as practical advice and skills to help support their loved one towards recovery.</li> <li>• Providing support for both persons with eating disorders and their family members, partners and friends</li> <li>• Education of professionals</li> <li>• Destigmatization and raising awareness about eating disorders</li> </ul>
<p><b>Professional Staff</b></p>	<p>A multidisciplinary team with a voluntary Board of Directors of people with expertise in relevant areas.</p>
<p><b>Funding</b></p>	<p>Health Service Executive, fundraising and donations</p>

