



women's
health clinic

: 2015 Provincial Eating Disorder
: Prevention and Recovery Program
: **P R O G R A M B O O K L E T**

••••• **Provincial Eating Disorder Prevention & Recovery Program** PROGRAM BOOKLET // WINTER 2015

**Women's Health Clinic
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What We Do

We provide community based service to all genders. Our treatment program is most appropriate for adults who are medically stable and do not require meal support. It includes assessment and treatment of binge eating disorder, bulimia nervosa, anorexia nervosa, as well as other types of disordered eating. We recommend that people under age 18 access treatment through the Child and Adolescent Eating Disorder Program at Health Science Centre (204-958-9660). Everyone ages 16 and older are welcome to attend our workshops. We also offer support for friends and family and professional consultation.

All services are funded by Manitoba Health and are provided at no cost to participants.

Program Philosophy

We understand health holistically by acknowledging the connection between physical, social, emotional, and spiritual aspects of life. Our program strives to address the total scope of the eating disorder, including a person's body image, relationship with food, mental and physical health conditions, and self-esteem.

Our approach to health is to facilitate empowerment, choice and action. We are committed to open communication and partnership with clients, families, and other community services. Our services are founded on a philosophy of acceptance, respect, accessibility, and responsiveness. We are particularly sensitive to ethnic diversity, race, body-size diversity, sexual orientation, and gender.

Through our program we work to end weight discrimination and to challenge the cultural obsession with weight loss and thinness. We promote balanced and mindful eating, life-enhancing physical activity, and respect for the diversity of body shapes and sizes.

Because client confidentiality is very important we take great care to protect personal health information. We will share personal information within our team, as required, to coordinate services and ensure continuity of care. Information will not be shared with other professionals outside of the program, unless a client signs a release of information giving us permission to do so. When it is beneficial to a client's treatment we may communicate with their parents, family or partner; however, we will not share a client's personal information unless we have specific permission to do so.



We base our treatment on current best and most promising practices in the field of eating disorder treatment. We are committed to participating in conferences, training, and research to enhance our knowledge.

Program participants are important partners in the development and evaluation of our services. We ask for feedback at the end of every treatment group and workshop. Clients in treatment groups are also asked to complete additional questionnaires that help measure change (e.g. improvements to quality of life or eating behaviours) at the end of each treatment group. This feedback and self-reported symptom changes give us valuable information about our program and inspire us to evolve to best meet the needs of our community.

Staffing Model

Our multi-disciplinary team includes counsellors, dietitians, a nurse practitioner and program assistants. Other programs at Women's Health Clinic provide additional management, clerical, and clinical support. Other service providers may include supervised students completing professional practicum or intern requirements and contract staff who offer specialized services such as yoga and expressive art therapies.

Staff Team

Program Manager:	Valerie Regehr
Program Coordinator:	Lori Peters
Program Assistants:	Heather Peterson Rachel Carlson
Counsellors:	Danna McDonald Lisa Naylor Lori Peters Roberta Fast
Dietitians:	Ann McConkey Lauren Paquette Lindsey Mazur
Nurse Practitioner:	Jenine McCullough

Intake & Assessment Process

You can self-refer to our treatment program. We currently have a wait list of 6-12 months for our treatment services. Please call our program assistant at 204-947-2422 ext. 137 (in Winnipeg) or 1-866-947-1517 ext. 137 (toll-free outside of Winnipeg) to learn more about our services, ask

questions, or to be placed on the wait list for treatment.

If you choose to add your name to our wait list, our program assistant will arrange for a counsellor to contact you for a phone intake to discuss your concerns and assess if our program is appropriate for you, or if other services will better suit your needs. Our program assistant can also arrange for you to have a one-time medical consultation appointment with our nurse practitioner to discuss your concerns and treatment options. Both the counsellor and nurse practitioner will provide you with information about other resources you may choose to access while you are waiting for treatment.

Prior to starting treatment we will invite you to attend an orientation session. During this session you and a support person of your choice (friend/partner/family member) will have the opportunity to:

- » Learn about eating disorders
- » Learn about our treatment program
- » Learn about the recovery process
- » Explore your own readiness for treatment and change
- » Learn about additional treatment resources in the community

If you choose to continue with the intake process you will be contacted to set up two assessment appointments.

The first assessment is with a counsellor and will take 2 – 2.5 hours. During this appointment you will complete a series of questionnaires that will help us understand more about your quality of life and self-esteem and your experiences of any symptoms related to depression, anxiety or the eating disorder. Additionally, you will meet with a counsellor to discuss your personal history, experiences and goals.

The second assessment is with a dietitian. This appointment is about 1-1.5 hours in length and will focus on your relationship with food. Other members of our team may participate in the assessment process as required.

Assessment and subsequent decisions about admission to our program may at times include reviewing recent medical tests or communicating with your current medical and mental health care providers.

Community based treatment is most effective when clients are engaged in their own care and are willing to work towards their own improved wellbeing. We consider every person interested in our program on an individual basis. While we work with people at various stages of recovery, there may be times when we delay admission to our program and recommend that other issues be addressed first. This may include medical stability, weight restoration (i.e. inpatient or day treatment may be necessary), substance issues, self-harm or other mental health issues.

Treatment Plan

Group Therapy

Treatment is group-based and most clients will participate in one or more groups. Groups are psycho-educational in nature and include weekly readings and a component to do at home that involves reflection, journaling, and practicing skills between sessions. Clients are expected to fully participate in their treatment by completing readings, practicing new skills, and reflecting on content between sessions. Group facilitators use various theories and approaches to therapy including: cognitive behavioural therapy skills, dialectical behavioural therapy skills, feminist therapy, and expressive art and movement therapies.

Medical Consultation

Our nurse practitioner provides medical assessments, education, and resources to clients in the program. The nurse practitioner can also provide medical consultation and support to other health care providers in the community who work with clients in our program.

Nutrition Education and Counselling

Our dietitians work from a non-diet approach and provide clients with individual nutrition education and counselling. Nutrition education is an element in some treatment groups and nutrition-focused workshops are also offered.

Individual Therapy

Individual therapy is provided to compliment the group based treatment.

Treatment Groups

Stage 1 Treatment Groups

Skills for Recovery/Intro Group (6 sessions)

Participants will:

- » Be introduced to the group process and the key principles of the program
- » Learn how dieting and the pursuit of thinness actively maintain the eating disorder
- » Identify the costs and functions of the eating disorder
- » Learn how mindfulness, distress tolerance skills, self care and compassion support recovery
- » Learn about change theories and how to further the process of change

Making Peace with Food and Body (14 sessions)

Participants will:

- » Explore their relationship with food and body including the impact of family, society, and culture on that relationship
- » Learn how to honour nutritional needs, body hunger, and fullness cues
- » Learn how to actively challenge diet mentality and pressures to pursue thinness
- » Develop and practice coping strategies/skills to respond to body image distress and to effectively communicate with the body
- » Develop and practice coping strategies/skills to enhance relationship with food and eating behaviours
- » Develop and practice coping strategies to deal with thoughts that maintain the eating disorder and learn skills to identify, regulate, and value emotions.

Stage 2 Treatment Groups

Clients who complete both Stage 1 groups will have an opportunity to discuss their next steps with one of our counsellors. Some or all of the following groups may be appropriate depending on individual need and stage of recovery. Not all groups are available at all times; this may influence the order in which you complete Stage 2 groups.

Building Healthy Self-Esteem (10 sessions)

Participants will:

- » Learn how to nurture healthy, realistic, and generally stable self-esteem
- » Explore topics of perfectionism, shame, worthiness, self-compassion, and self-love
- » Practice self-esteem strengthening skills
- » Be encouraged to introduce new interests, passions or other elements of self-esteem into daily life
- » Use a variety of tools such as journaling, art work, guided visualization, meditation and discussion to enhance understanding

Mindful Eating (8 sessions)

Participants will:

- » Increase bodily awareness of hunger and fullness cues
- » Develop the skills of a mindful eater including: non judgmental awareness, observation, acceptance, letting go, being present in the moment and mindful of the environment
- » Experience eating mindfully in group sessions
- » Practice mindful eating between sessions to build these skills into daily life

Understanding Emotions and Healthy Communication (10 sessions)

Participants will:

- » Explore the important functions of emotions
- » Learn mindfulness and emotion regulation skills to identify, tolerate, and experience difficult or overwhelming emotions
- » Learn how to make more thoughtful and effective decisions in life
- » Learn skills to effectively communicate emotions and needs to others

Stage 3 Moving Beyond Eating Disorder Ongoing Support Group

This follow-up group is available to clients who have completed the recommended treatment groups and who are at later stages of recovery. It is also for those who have recovered and want ongoing support to help maintain recovery. This group is currently offered once per month. Participants are welcome to attend as often as needed for ongoing support, relapse prevention, and to practice skills and coping strategies acquired in previous groups. Each 2-hour session includes a check-in and an opportunity for participants to talk to program staff about any challenges they might be having.

Group sessions may include:

Skills Practice

Review and practice skills learned in our program such as mindfulness, stress management, emotion regulation, and mindful eating.

Facilitated Themed Discussion

Discussion may include body image, sexuality and intimacy, healthy boundaries, perfectionism, shame, grief and other topic areas.

Expressive Therapy

Music, movement, art and poetry are used to explore themes related to recovery, self-esteem, identity and holistic wellness.

Services for Men

We welcome men to participate in the full range of services we offer. Due to fewer requests for services men's groups are offered less often. If a group is not available, individual men may receive counselling, nutrition education, and medical assessment as required. All workshops are open to male clients unless otherwise indicated. We have designed some workshops specifically for men.

Services for Rural Clients

Treatment planning will occur on a case by case basis for rural clients. Some individuals may choose to commute to Winnipeg for groups and other treatment. For those who live further away we may provide an initial assessment in Winnipeg with the goal of helping clients access resources in their home community.

Workshops

Workshops for Clients

Specialized workshops such as movement or art therapies are occasionally offered to current clients in the program as a supplement to group treatment.

Workshops for Community Members, Clients, Families and Friends

These workshops are open to anyone who may benefit from support to reach a balanced and peaceful relationship with food and body. Additionally, they are appropriate for people interested in exploring our services, but who are not yet ready to commit to a treatment program. Topic areas may include: self-esteem, body image, perfectionism, emotional eating, mindfulness, and incorporating a non-dieting approach to wellness. For current workshop and registration information please visit www.womenshealthclinic.org and click on the "Eating Disorders" tab under "services".

Support for Families, Couples and Friends

Workshop for Family, Friends, and Partners

This workshop is for the family, friends, or partner of someone who is experiencing an eating disorder/disordered eating.

This workshop offers an opportunity for family and friends to:

- » Connect with other individuals in similar situations
- » Gain a better understanding of eating disorders/disordered eating
- » Learn strategies for providing support in a helpful way
- » Ask questions and learn more about available resources

Family, Friend or Partner Coaching Session

This session is designed for friends, partners, or family members of an individual age 16 or older with an eating disorder. Those that request a coaching session will meet with a counsellor and

explore the issues and struggles they may be experiencing with regards to their loved one's eating disorder. A coaching session may include education about eating disorders, guidance on recommended strategies, and information about resources and the referral process if appropriate. This session may or may not be attended by the loved one experiencing the eating disorder.

Couples Session

We offer 1-2 sessions for couples where one partner is experiencing an eating disorder. This session is not a replacement for couple's therapy, but rather offers the opportunity for couples to talk openly about how the eating disorder is impacting their relationship and to explore strategies for both individuals to address some common relationship stressors.

Professional Education & Consultation

Consultation to Rural Service Providers

As a provincial program we strive to build capacity in rural regions. Through telephone and email contact we provide consultation to families and health care providers (e.g., mental health, primary health, allied health professionals) residing in rural Manitoba. While we may provide an initial assessment in Winnipeg we support clients in accessing treatment and follow-up care in their home communities in order to reduce the stress and cost of travel for individuals and families living in rural Manitoba.

Training and Practicum Placements

We offer students of various disciplines (e.g. social work, counselling, dietetics, nursing, etc.) training opportunities through experiential learning in order to increase their knowledge of best practices in the treatment of eating disorders. This initiative will build capacity for future service delivery throughout Manitoba.

Professional Training and Consultations

We provide workshops and/or consultation to dietitians, family physicians and nurse practitioners, mental health workers and other care providers.