

The Hollywood Clinic  
Eating Disorders Treatment  
Programs offer the highest  
standard of patient care, in a safe  
and comfortable environment.

Hollywood Clinic  
**Eating Disorders**  
Treatment Programs

Monash Avenue

Nedlands, Western Australia 6009

Telephone (08) 9333 8000 Facsimile (08) 9423 5717

Web [www.hollywood.ramsayhealth.com.au](http://www.hollywood.ramsayhealth.com.au)



THE  
**HOLLYWOOD**  
— CLINIC —

A PART OF HOLLYWOOD PRIVATE HOSPITAL



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## Introduction

Eating disorders such as anorexia nervosa and bulimia nervosa can cause significant health problems if left untreated.

Clinic staff offer significant expertise in the treatment of eating disorders.

Optimal treatment combines in-patient and day-patient programs, both of which are available at The Hollywood Clinic.

The in-patient program is especially useful for those with:

- Unresponsiveness to out-patient therapy
- Dangerous malnutrition or bingeing/purging behaviour
- Associated psychiatric problems such as depression or anxiety

The day program is more suited to those patients with less severe disorders or to follow an in-patient stay to reinforce the gains made. There is also a separate day program for the treatment of bulimia nervosa.

## About the programs

### Assessment

Each patient will undergo a comprehensive multi-disciplinary assessment in order to determine the most appropriate treatment plan.

### In-patient Program

In-patient management is initially aimed at stabilising physical health followed by a gradual introduction to the group therapy program.

### Program Content

- Monitoring of medical and nutritional states
- Group work
  - Cognitive behavioural therapy groups aimed at learning how to challenge unhelpful thoughts, feelings and behaviours
  - Problem specific interventions, such as problem solving and assertiveness training
  - Discussion groups, education about eating disorders
  - Art therapy
  - Body image and self esteem groups
  - Insight and awareness groups
- Relatives and friends education groups
- Individual therapy

### Day-patients

Day-patients may attend either full day or afternoon/evening therapy groups so that there is minimal disruption to their school/work and family life.

### Bulimia Nervosa Treatment Program

This program is specifically for the treatment of bulimia nervosa and runs once weekly over eight weeks, usually in the late afternoon/early evening to accommodate participants' work/study schedules.

## Staffing

The programs are conducted by a team of qualified and experienced professionals that include:

- Consultant Psychiatrist
- Dietitian
- Psychologists
- Mental Health Nurses
- Exercise Physiologist
- Occupational Therapist
- Art Therapist

## Confidentiality

All patient information related to treatment outcomes is confidential.

Medical records remain the property of Hollywood Private Hospital.

The hospital complies with the Privacy Act Amendment 2001.

For further information, please contact the Privacy Officer on (08) 9346 6130.

## Eligibility/Referrals

A referral from a general practitioner or psychiatrist who is accredited to The Hollywood Clinic is required for assessment for any of the programs.

People who are privately insured and those who are self-insured are eligible for consideration for the programs.

### For further information about the program, referrals and assessment, please contact

The Eating Disorders Program Coordinator  
The Hollywood Clinic  
Hollywood Private Hospital  
Monash Avenue  
Nedlands WA 6009

Telephone (08) 9333 8000  
Fax (08) 9423 5717  
Monday to Friday 8.00am to 5.00pm