



FreEDom

Better Life Eating Disorder
Intensive Outpatient Program (IOP)

FreEDom is an outpatient day program for patients who **do not** meet the criteria for admission, but still require **more intensive treatment** than outpatient care.

Complete full-days of therapeutic activities on weekdays for a minimum of 2 weeks to work towards recovery!

SAFE ENVIRONMENT

with dedicated professionals to promote healing & reconnection with one's 'healthy self'

BRIDGING THE GAP

between inpatient treatment and individual outpatient therapy

LIVED EXPERIENCES

Establishing hope and empathy through professionals who are survivors themselves and other survivors who have volunteered to share their journey

Eating Disorders are mental health conditions with **biopsychosocial origins and consequences** and that **everyone is deserving of recovery.**

Interventions will utilise an **eclectic** approach including:

- Cognitive Behavioural Therapy
- Psychodynamic Psychotherapy
- Acceptance and Commitment Therapy
- Schema Therapy
- Dialectical Behaviour Therapy
- Mindfulness-Based Interventions

Covering other topics on dietetic education & healthy movement





Our Process

Referral (self-referral, internal referral, or referral by a hospital)

Assessment to ascertain suitability & needs

Eligibility Guidelines



FUNCTIONING

Certified medically stable (by either a psychiatrist or a general medical practitioner)



AGE

13 years and above



DIAGNOSIS

Those struggling with an eating disorder/ disordered eating who require more support than outpatient services can provide



BMI

BMI at 13.5 and above



SAFETY

Are not actively suicidal

Those who do not meet the criteria stated may be considered on a case-by-case basis

Workshops delivered in a group setting by a multidisciplinary team



Why FreEDom

Shown Efficacy

Programs like this in other countries have shown efficacy across all age groups, regardless of the complexity of the issue over the long term.

Holistic Approach

Multiple therapeutic approaches addressing all aspects of an individual to bring about long-term change

Therapeutic Milieu

Creating a therapeutic community where participants support each other in their journey with the guidance of passionate & experienced professional

Consistency

Weekly feedback from experienced professionals, & outcome monitoring using valid tools

Accountability

Evidence-based therapeutic approaches conducted by trained professionals & outcome monitoring

Lived Experiences

Empathy & hope is central to our approach with a team comprised of professionals who are survivors themselves & other survivors who want to share their stories



Register your interest today!