



# The Recovery Programme

## 1 Assessment

The Assessment Pack is available on request and is to be completed and returned prior to intake. Suitably for the programme will be assessed based on the information shared and if deemed suitable an intake appointment will be arranged.

## 2 Intake

An opportunity to understand the development of the relationship with food, self and others more fully. Pre-disposing and maintaining factors explored and any associated behaviours and underlying issues identified.

## 3 Programme Development

Information gathered during assessment and intake shapes programme content with a focus on key areas and desired goals. The aim of the programme is to treat the whole person, the programme being unique to each individual, see below for further detail.

In particular cases, collaboration with other professionals (e.g. GP, Dietician, CAMHS) will be necessary to ensure the best outcome. This will be agreed before any therapeutic work begins. In addition, family members, partners and/or carers will be invited to be involved where appropriate.

## 4 Programme Sessions

The programme shapes the therapeutic sessions. Therapy includes the use of a range of research based therapeutic approaches to work systemically and holistically through key areas to support progress towards desired goals. Homework tasks are frequently set and are fundamental to the process.

## 5 Review

Regular reviews undertaken every six sessions to assess progress in all key areas of the programme in relation to desired goals. As work progresses it is common to review programme content and the frequency and duration of sessions.

## 6 Final Review and Ending

A final review of key areas and desired goals, and an opportunity to reflect on progress made. The final review shapes the development of a concise re-lapse strategy (to be shared with family members, carers and other professionals where appropriate). Time is given to acknowledging the quality of the therapeutic relationship and the ending of this relationship.



# A Closer Look

The aim of the Recovery Programme is to treat the whole person, the programme being unique to each individual. This includes the use of a range of research based therapeutic approaches to work systemically and holistically through key areas to support progress towards desired goals. Homework tasks are frequently set and are fundamental to the process.

Key areas may include any or all of the following;

- 1 **Eating patterns and related thoughts and behaviour**  
Identifying, understanding and resolving the unhelpful patterns and factors that motivate and maintain the difficult relationship with food. The use of food diaries is essential not only in recording challenges but also the successes as recovery moves forward.
- 2 **Resourcing**  
Identifying, developing and strengthening both internal and external resources and includes a focus on accessing external resources appropriately.
- 3 **Self-Care**  
Education on the importance of self-care in supporting a positive relationship with self and others. Homework on self-care set for the duration of the programme and beyond.
- 4 **Nutrition**  
Education on the effects of dietary chaos on the body. Stabilisation followed by education and development of healthy eating patterns. A focus on increased flexibility as recovery progresses.
- 5 **Associated behaviours** (e.g. laxatives, over exercising, substance misuse)  
Identifying and resolving any associated behaviours. The more chronic and enduring these behaviours, the longer recovery will take.
- 6 **Underlying issues** (e.g. transition, attachment, trauma, abuse)  
Identifying and resolving any underlying issues. Again, the more chronic and enduring these behaviours, the longer recovery will take.
- 7 **Body Image & Body Work** (developing tolerance for the body)  
Supporting the client to reconnect with their body and themselves, to foster safety, trust, tolerance, compassion and empathy. In addition, to increase awareness of and capacity for emotional experience.

If you have any questions about any aspect of the programme please get in touch, I will be happy to address any queries you may have.

I look forward to hearing from you.