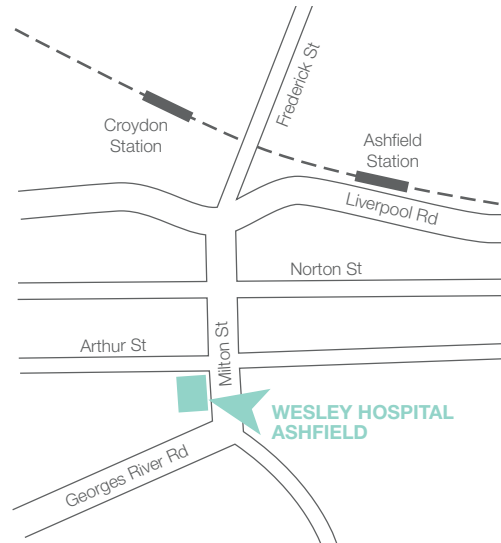


Eating disorders such as Anorexia Nervosa and Bulimia Nervosa are caused by a range of factors including social pressures, psychological vulnerabilities and biological predisposition.



For further information please contact:
1300 924 522
enquiry@wesleyhospital.org.au
www.wesleyhospital.org.au

In order to make an informed choice about proceeding with treatment at Wesley Eating Disorders Centre, an assessment and orientation to the program prior to admission will be organised.



Wesley Hospital Ashfield
Wesley Eating Disorders Centre
91 Milton Street, Ashfield NSW 2131
FAX. (02) 9799 6585

Visiting hours
Monday to Friday: 4.30pm–8.30pm
Saturday and Sunday: 9.00am–9.00pm

ABN 57 996 964 406
Wesley Mission is a part of the Uniting Church in Australia.



Wesley Eating Disorders Centre



Wesley Hospital Ashfield



Offering specialised care



Wesley Hospital Ashfield is a teaching hospital of UNSW.

Eating disorders are not lifestyle choices and have some of the highest rates of mortality and morbidity among mental illnesses.

It is estimated that one in 20 Australian women will suffer from an eating disorder during her life.



A variety of psychological therapies, including cognitive behavioural and mindfulness-based therapies, are used to give patients the skills to assist with recovery.

Wesley Eating Disorders Centre

Wesley Eating Disorders Centre at Wesley Hospital Ashfield is a specialised 12-bed unit. The inpatient unit offers comfortable, well-appointed single and double rooms. The hospital is situated in a garden setting with plenty of available parking.

Our specialist, multi-disciplinary team consists of nurses, dieticians, clinical psychologists, art and exercise therapists, physicians and psychiatrists. The small number of patients and high level of staffing allows patients to be cared for with expertise, care and compassion.

We provide a safe, nurturing environment in which to help individuals normalise their eating behaviour, recover to a healthy weight and reconnect with a life outside their eating disorder.

About Wesley Hospital Ashfield

Wesley Hospital Ashfield, a teaching hospital of UNSW, is involved in teaching medical, clinical psychology and nursing students. The unit partners with UNSW to undertake research which directs and informs our treatment. Wesley Eating Disorders Centre was originally set up by the late Professor Peter Beumont and maintains his high standards and vision.

About the program

Wesley Eating Disorders Centre offers an integrated approach to treatment. Initial treatment is in an inpatient setting with a high level of supervision and an intensive group program. A variety of psychological therapies, including cognitive behavioural and mindfulness-based therapies, are used to give patients the skills to assist with recovery.

Each person is at a different stage of illness and, more significantly, a different motivational level to recover. If patients are sufficiently motivated, they continue with treatment in the day program. The attendance is initially five days a week with gradual step down to three days and one day.

Within the program various aspects of the eating disorder are addressed:

- Medical consequences are assessed and stabilised
- Healthy eating patterns are established
- Skills are taught to cope with unhelpful thoughts, behaviours and emotions
- A therapeutic environment is provided to support and consolidate skills
- Other co-existing illnesses such as depression or anxiety are assessed and treated
- The patient gradually learns to eat in settings that are part of their normal life
- Family and other supports are encouraged to be involved in the recovery
- The patient is encouraged to reconnect with peers, family and work.