

# Community Adult Eating Disorder Service

Luton & Bedfordshire



## Therapy Agreement

This leaflet is aimed at establishing a shared understanding of the therapeutic framework within which we will work at the Adult Eating Disorder Service.

You might have already received the Eating Disorder Service Leaflet which outlines what we are able to offer at this service and answers some common questions. If you have not received it please ask a member of the team.

We will discuss this therapy agreement during our first appointment. Please feel free to talk to us should you have any questions or concerns at any point throughout our work. If you want to get as much as possible from therapy, it is important that both you and we are committed to this agreement.

## Our commitment

Our commitment is to support you in working through any difficulties, concerns or questions you might have around your eating difficulties and aspects of your life that impact on these.

We aim to be reliable, open and genuine and will make sure that you are treated respectfully at all times.

We take responsibility to act in accordance to your best interest at all times which may include safeguarding your physical health. We are committed to uphold and adhere to the ethical principles and code of professional conduct as defined by the Health Care Professions Council (HCPC) as well as the policies of East London NHS Foundation Trust. You can find them on the website of these organisations.

All of the therapeutic models and approaches we offer have specific elements that form the basis for their effectiveness. We will be

open about these and let you know what our and your responsibilities within these models is.



## Your commitment

Your commitment is to be willing to explore your life experiences relating to your eating difficulties. This is in order to work towards answering any questions and concerns you might have or to identify what changes are achievable and meaningful for you to improve your quality of life or eating disorder symptoms.

In order for psychological therapy to be beneficial it is important that you are committed to engaging in the therapeutic process which includes attending your therapy sessions according to our agreement and adhering to the therapeutic boundaries. This means having the necessary time, resources, motivation and support (for example childcare, leave from work or respite from caring duties) to be able to attend regularly and work on the concerns/goals discussed.

**We believe that while therapy needs to fit within your life circumstances it also needs to be a priority within your life.**

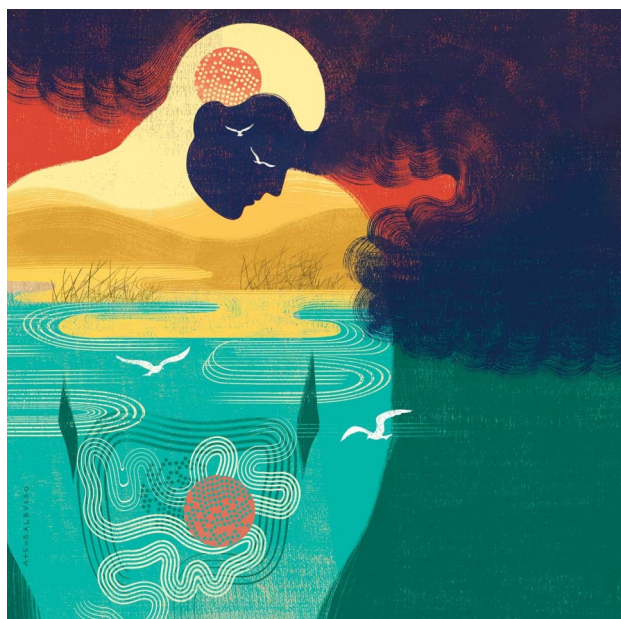
In order to minimise risk to you and also limit surprises for both you and our team during treatment we have set out the following elements to your psychological care with us:

- *Clients weight and height will be checked at assessment*

### Community Adult Eating Disorders Service

Mountbatten House | 56 High Street South | Dunstable | Bedfordshire | LU6 3HD  
Phone: 01582 709066 | Email: [elt-tr.eatingdisorder.service@nhs.net](mailto:elt-tr.eatingdisorder.service@nhs.net)

- Clients receiving treatment will have the weight checked regularly, e.g. weekly.
- Blood tests and physical health (including pulse and blood pressure, Sit Up Squat Stand test) monitoring may be necessary either via your GP or at the appointment with us.
- If we feel as a service that the physical risks are too high for us to be managed in the community we will refer clients to more suitable inpatient services. We are guided by national guidelines in this decisions and we will discuss this as part of our treatment. We will always tell you when we feel that risks are too high to be contained by our service.
- The goal of treatment will be to increase wellbeing and health. For underweight clients this includes weight restoration to a healthy BMI.



## Initial appointment

The initial appointment is an opportunity for you to tell us what has led you to seek support for your eating difficulties and some background information about yourself. It will last around 50 minutes. You will meet one of our therapists.

Depending on your concerns one of our medical doctors, dietitians or assistant psychologists might join this meeting, too. In this meeting we will discuss your expectations, hopes, fears and any goals you might have. It is an opportunity for you to meet the service and for you and us to assess together whether we feel we will be able to work well together.

You will be able to ask questions about our professional experience and remit and our approach to therapy. It is also opportunity for us to assess whether we are able to work with the your concerns or difficulties.

If we decide to work together after our initial appointment, you will be placed on our waiting list and we will contact you as soon as a therapist becomes available.

If we do not feel that we are the right service for you we will let you know and we will signpost you to services that might be able to help you.

## Treatment

We offer a number of treatments. Most clients will receive psychological therapy or monitoring & support in line with the NICE guidelines. In addition, you may receive dietetic support or psychiatric reviews depending on your circumstances.

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## Psychological Therapy

Once a therapist becomes available they will invite you to your first therapy appointment. During this appointment we will decide together on a treatment approach. Your therapist will discuss the available options with you. These include the nationally recommended forms of psychological therapy for eating disorders.

Usually, we will start with 6-8 sessions of psychological therapy and review this once we have completed these sessions.

**We will arrange a regular appointment which will normally be on the same day at the same time each week and last 50 minutes unless otherwise agreed. In order for psychological treatment to be helpful it is important to have regular sessions.**

Where are countywide service and offer treatment in a number of locations. You may wish to wait for location closer to home then is offered or available, and your treatment will not be affected by this choice.

## Dietitian Support

As part of your treatment we will discuss with you whether you might benefit from dietitian support. If we decided together that this would be useful, our dietitian will offer you an initial appointment. This will last approximately 1 hour (with shorter 30-45 minute follow up appointments if required).

As part of the team, the dietitian will be aware of your goals and progress with therapy.

The dietitian will work with you to help you understand and manage any physical symptoms, concerns or medical diagnoses you may have which impact your nutritional intake. The dietitian provides evidence-based advice and information and will identify any potential dietary deficiencies, will work with you to make an individualised eating plan to lessen any risks, and may work with you to expand and normalise nutritional intake. The dietitian will also support you to stay motivated throughout therapy to achieve your goals.

## Psychiatric reviews

Depending on your needs we might also decide together to make an appointment with the team psychiatrist, who will see you on her own or with another member of the team, depending upon your needs at the time.

The role of the psychiatrist is to assess medical and psychiatric risk, offer clinical opinion about any comorbidities, and advise regarding further management including medication, physical health monitoring and risk management

## Cancellations

We require 48 hours notice if you are unable to attend your session otherwise your missed session will be counted towards the total number of sessions we have agreed to provide.

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If you cancel more than one appointment on short notice or if you do not arrive for an appointment, your agreed plan for treatment will be reviewed and you may be discharged from the Eating Disorders with a suggested plan for keeping yourself safe until you're ready to begin treatment again.

Clients who fail to attend more than two consecutive appointments or more than half of the agreed appointments overall will be discharged from the service. New clients who do not attend two initial appointments will be discharged.

Equally we will give you as much notice as possible if your therapist plans to be away and will inform you as soon as we can if we have to cancel your session. You will be offered additional sessions to make up for those cancelled. We aim to offer you a phone conversation with someone from the team should your therapist be unable to attend your session under unforeseen circumstances.

## Ending therapy

You're entitled to end your therapy at whatever point you choose. However we do request at least one weeks' notice. When you are thinking about ending of therapy we encourage you to discuss this with us so that we can plan and complete our work in the therapeutic manner.

## Confidentiality, Limits to Confidentiality & Medical Records

Information you share with our therapists may be discussed with the wider eating disorder team to plan co-ordinated care, and communicate with other professionals such as your GP. We will only share information with professionals involved in your care and we will keep you updated when we do so. Please the Trust leaflet '*Your Records and You*' for more information. You can request a copy of this from any member of the team.

## Complaints

We hope the standard of treatment and quality of care, you receive is high and we recognise that there is always room for improvement; it is through your feedback that we can improve. We encourage you to raise any concerns with your therapist in the first instance so that we have a chance to resolve them together

Any comments you might have:

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