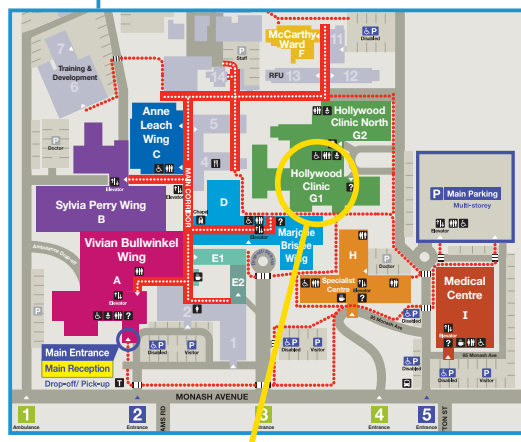
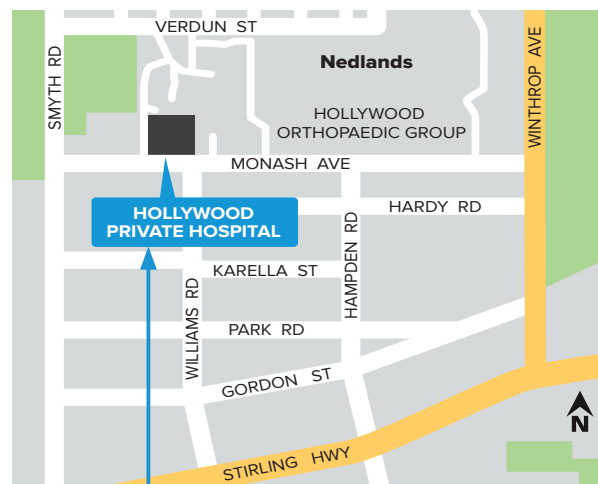


## Privacy and Confidentiality

All patient information is confidential. Your health record remains the property of Hollywood Private Hospital.

Hollywood Private Hospital must comply with the Ramsay Health Care Privacy Policy and the Privacy Act 1988 (Cth) in its dealings of an individual's personal information. The privacy policy is available to patients and visitors. Please speak to one of our staff should you wish to obtain a copy.

For further information, please contact the Privacy Officer on (08) 9346 6224.



*The Hollywood Clinic is located here*

A Multi-Storey Car Park is conveniently located opposite The Hollywood Clinic, off Entrance 5 on Monash Avenue. Please visit [hollywoodprivate.com.au](http://hollywoodprivate.com.au) for detailed parking information and current pricing.



**Hollywood  
Private Hospital**

Part of Ramsay Health Care

Monash Avenue  
Nedlands WA 6009  
Ph: 08 9346 6000 – Fax: 08 9389 8470  
[hollywoodprivate.com.au](http://hollywoodprivate.com.au)

The Hollywood  
Clinic

Bulimia Nervosa  
Program



**Hollywood  
Private Hospital**  
Part of Ramsay Health Care

Bulimia Nervosa is a serious and potentially life threatening mental illness. Bulimia is characterised by repeated episodes of binge eating followed by compensatory behaviours (e.g. vomiting, fasting, misusing laxatives, diuretics or any drugs for weight control, extreme exercise). In addition, people with Bulimia place excessive emphasis on body shape or weight in their self-evaluations which has a negative impact on their self-esteem.

Binge eating involves:

- Eating a very large amount of food within a relatively short period of time and
- Feeling a sense of loss of control while eating, like feeling unable to stop eating

## Introduction

A person with Bulimia can be caught in a vicious cycle of out of control eating and engaging in compensatory behaviours as a way of trying to control weight after binge eating episodes. Being caught in this cycle can lead to feelings of shame, guilt, disgust and a preoccupation with food, thoughts about eating and not eating, body image, weight loss and dieting.

The symptoms of Bulimia are often concealed or kept secret and as a result the condition can go untreated for a long period of time. Seeking professional help early can make a marked difference to the severity and duration of the illness. Effective treatment, combined with a personal commitment to change, is the key to recovery.

## The Program

Co-facilitated by a psychologist and a dietitian, the Bulimia Nervosa Program at The Hollywood Clinic uses evidence-based psychological and dietetic treatment to overcome the condition and maintain a healthy relationship with food in the future. It is one of the only multi-therapy treatment programs available in Western Australia specific to Bulimia Nervosa.

## Staff

The program is facilitated by a multidisciplinary team that may comprise of nursing staff, a consultant psychiatrist, psychologist and dietitian.

Participants in the Bulimia Nervosa Program also benefit from collaboration between the treatment team and the referrer regarding progress and management of ongoing care.

## Format

The outpatient group program runs one half-day a week for 10 weeks. The program uses Cognitive Behaviour Therapy (CBT), which is the first-line treatment for Bulimia Nervosa. It provides participants with the skills, techniques and support to reduce binge-eating and other eating symptoms, improve general well-being, and cultivate a healthy relationship with food. CBT assists patients in learning how to manage unhelpful thoughts, feelings and behaviours. Understanding the problem and learning how to regulate emotions and problem solving skills are also important aspects of treatment.

To complement CBT, the program provides specialist dietetic knowledge and skills which assist participants to increase their knowledge of food choices and patterns of eating. An experiential component of treatment, in the form of a shared meal, is highly valued and provides an opportunity to apply knowledge and practice skills in a supportive environment.

## Eligibility/Referrals

The program is for adults experiencing eating issues consistent with a diagnosis of Bulimia Nervosa. Each prospective participant is invited to attend an assessment to establish whether the program is right for their needs. Participants can self-refer or be referred by their general practitioner or psychiatrist. To be eligible for the program participants must have private health insurance.

**Please direct referral and requests for further information to:**

**The Bulimia Nervosa Program Coordinator**

The Hollywood Clinic

Hollywood Private Hospital

Monash Avenue, Nedlands WA 6009

Telephone (08) 9346 6801

Fax (08) 9346 6829

Monday to Friday 8.00am to 5.00pm