

Minding Family Townsville



73 Thuringowa Drive Kirwan QLD 4817

Ph: (07) 47 23 8221

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www.mindingfamily.com.au



Eating Disorder Prevention

Group Programmes



Minding Family's Clinical Psychologists, Dr Tracey M Walker and Ms Ellen Nolan are excited to announce that they will be running ACFED Eating Disorder & Obesity Prevention Programmes in 2019. **The Body Project & Project Health** group programmes offer interventions which demonstrate a significant reduction in risk for eating disorder and obesity onset. The interventions also show decreases in appearance-ideal internalisation, body dissatisfaction and psychosocial impairments. Research has demonstrated positive outcomes with females aged 13-19.

THE BODY PROJECT

The Body Project is a **4 week (one hour per week) eating disorder prevention programme** which reduces thin-ideal internalisation, body dissatisfaction, negative mood, unhealthy dieting, and eating disorder symptoms. This intervention has also been found to reduce risk for future eating disorders. In addition, there is evidence that the Body Project intervention reduces the risk for future onset of obesity, results in improved psychosocial functioning, and reduces mental health care utilisation.

The programme is generally written for Females aged 13 to 19 years, but can be adapted for other ages as well.

Dates for 2019

Starting soon - 3:30pm to 4:30pm weekly

Dates and times confirmed when participant numbers are full

You will need to be able to commit to attending all four sessions.

Location: Minding Family, Townsville; 73 Thuringowa Drive, Kirwan, QLD 4817.

Parking: There is parking at the back of the building or free street parking nearby. Parking can be limited so please allow extra time.



PROJECT HEALTH

Project health is a **6 week (one hour per week) intervention / obesity prevention programme** which promotes healthy, lasting, lifestyle changes to dietary intake and activity. Project Health produced a 66% reduction in future eating disorder onset over 2-yr follow-up.

The programme is generally written for Females aged 13 to 19 years, but can be adapted for other ages as well.

Dates for 2019

Starting soon – weekly sessions

Dates and times confirmed when participant numbers are full

You will need to be able to commit to attending the first five sessions, with an optional sixth session.

Location: Minding Family Townsville. 73 Thuringowa Drive, Kirwan, QLD 4817.

Parking: There is parking at the back of the building or free street parking nearby. Parking can be limited so please allow extra time.



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INFORMATION / COSTINGS for the following programmes:



AND



Weekly handouts provided with practical guidelines and activities to be completed.

To enable a Medicare Rebate for your attendance with these group intervention programmes, please visit your regular GP to have a MHTP / referral prepared.

Alternatively, Private Insurance is accepted or full out of pocket payment offered (no MHTP required for either of these).

Please call Minding Family's reception to confirm your interest and book your place.

Costings: \$90 per session (Medicare rebate \$31.65).