

## FAMILY THERAPY & EATING DISORDERS

I'm pleased that you are considering the option of family therapy as a means of addressing the problem of an eating disorder's affect on a family member. I am well practiced in supporting families through the Family Based Treatment for eating disorders in adolescents (Maudsley Model) and adults (Collaborative Care Model).

### What to expect

I offer family therapy to families who are experiencing the crisis of an eating disorder. I understand, that the family can be a vital resource for a young person struggling with an eating disorder, be it clinically diagnosed anorexia or bulimia, or subclinical disordered eating such as severe dieting.

It is best if all family members can attend, at least initially to allow for the hearing of each person's views and ideas and for thorough assessment so that the therapy is relevant to your unique family. Who needs to continue attending can be negotiated after the assessment process. At other times, your referrer may decide with you, on who needs to attend, and in this case, it may mean only parents or a parent and a child attend, for example.

Many people feel some anxiety about coming to therapy, as they don't know what to expect or expect to feel blamed. This is a normal concern and I hope to help you feel comfortable quickly as we work towards understanding and solutions. Each session will be centered on family relationships, however, individual needs will also be considered.

My role is to help family members join together against problems, see more clearly where they may be unwittingly contributing to an unhelpful pattern or where they can support helpful change through their own actions, and to help and encourage the changes that family members figure out are necessary.

### What does it cost?

Most sessions are 50minutes long and cost \$150.00 (additional time is at \$15 for each 10 minutes or part thereof), and fees are payable via internet, eftpos, cheque or cash payment. Frequency is weekly to allow for assessment, trust development and full understanding of the problem and its impact. You will be notified ahead of time if you will be charged for contact you initiate outside of session time, or case meetings you require me to attend.

### Appointments

Generally most appointments are made initially by telephone. I will forward you details as to how to locate my therapy room via text or email. When I make an appointment, I set aside 50 minutes for you plus time for writing case notes and following up with other involved practitioners.

Please be punctual as I may not be able to extend your time due to other commitments, and shortened sessions due to late arrival incur the same fee.

If you are unable to keep an appointment, at least 48 hours notice is required. I will attempt to provide you with an appointment reminder prior to your appointments. Please call and leave a message on 9947 1901 or 0412 563 638 if you cannot make an appointment or would like to reschedule.

Cancellations without adequate notice, or failure to attend may incur a cancellation fee of up to 50% of the actual fee. A fee is charged because the time has been set-aside for you and has been unavailable for other clients to book. If it is possible to fill the session, then a fee will not be charged. A timely cancelled appointment allows another person to be offered that time.

### Your Privacy

The Privacy Act 1988 and the Health Records Act 2001 have been introduced to ensure that health care providers protect your privacy and use your information only for the purpose of providing you with quality care. I undertake to use your information in a confidential and professional manner.

The records I keep briefly describe our work together and ensure that my service is relevant and informed. The personal information you share with me is confidential and securely kept.

There are rare exceptions to this confidentiality and this relates to information when it is subpoenaed by a court of law, where my failure to disclose the information to an appropriate person would place you or another person such as a parent, partner or child at risk, where you give your approval for me to discuss our work with another person or where you have given approval for a report to be given to another professional such as your doctor or lawyer.

### How to contact me?

Please feel free to contact me, Vicki O'Dwyer, on 0412 563 638 or vicki.odwyer@gmail.com or reception on 9947 1901. If I can't take your call, please leave your contact number and a message, so that I may respond as soon as possible.

### Location

I am located in the same building as Clock Medical Centre. The address is 55 Whitehorse Road, Balwyn 3103 (The Burke Road end of Whitehorse Road), Melways ref 46:A7. You can park in the underground carpark entered via laneway access at the back of the building, from Pretoria or Creswick Streets, which intersect with Whitehorse Road. You then need to take the lift to the ground floor, and enter the reception area.