



# Life Works eating disorders day care programme

**The eating disorder day care programme at Life Works, aims to support clients holistically, focusing on the psychological, social, behavioural and physical aspects of an eating disorder.**

Our multidisciplinary team uses evidence-based, therapeutic interventions with the goal of providing clients with the tools to promote, and sustain recovery, all with minimal impact on daily life.



## Our approach

Before admission, clients are asked to undergo a free therapy assessment, where we introduce ourselves, and discuss/set goals and expectations for each person, before they engage with the programme.

Each person's experience with their eating disorder is unique, and this assessment process will allow us to develop a comprehensive and bespoke treatment plan with each individual, to address their specific needs.

## Overview

This programme runs over a 12-week period for 2 days a week, with the 2 admission intake periods at week 1 and week 6. The programme runs from 10:00 - 16:00 each day.

The programme includes:

- + 3 x dietetic reviews/check-ins
- + 2 x consultant reviews (week 5 and week 11)
- + Specialist therapy groups daily
- + Exposure groups on the grounds and in the community (2 x full exposure days out)
- + Group therapy: dialectical behaviour therapy (DBT), CBT-E, MANTRA, life skills sessions, body acceptance
- + Lunch, 2 snacks and post-meal support
- + Regular check-ins with a key worker (fortnightly)
- + Transport costs when programme aspects are in the community



## Family support

We recognise how important it is for clients to have their family members/partners/friends involved in their recovery journey. As such, we endeavour to include loved ones as much as possible, should a client want this. This includes:

- + **Week 6** - family conjoint session - to assess goals achieved/set goals for the following weeks of day care
- + **Week 12** - family group - for discharge planning

## Who can we support?

- + Adults aged 18 years and older
- + Those suffering from anorexia nervosa, binge eating disorders, bulimia nervosa, ARFID
- + Those in need of support with weight restoration



## The team that will support you

- + Consultant psychiatrist
- + Occupational therapist
- + Therapist
- + Healthcare assistants
- + Therapy assistants
- + Dietician

## Enquiries and further information

If you or someone you know, is interested in our day care programme for eating disorders, please contact us today:

**Telephone: 0148 394 4763**

**Email: [enquiries@lifeworkscommunity.com](mailto:enquiries@lifeworkscommunity.com)**

**Visit: [www.lifeworkscommunity.com](http://www.lifeworkscommunity.com)**

For the most up to date information on our services, please visit our website.

Priory Group UK 1 Limited, 80 Hammersmith Road, London, W14 8UD.  
Company Registration Number: 09057543

Treatment can be self-paid or using private medical insurance. The programme costs £15,168 for 12 weeks. If paid in advance, a 10% discount can be applied. An additional three days of daycare can be attended if requested, at £586 per day.



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