



# SINGLE SESSION INTERVENTION

**BodyMatters is thrilled to announce the launch of Single Session Interventions, a program designed to provide support and psychoeducation for families facing an Eating Disorder.**



## What is Single Session Intervention?

Single Session Intervention is a program run by BodyMatters for families who are currently on a Family Based Therapy (FBT) waitlist and are waiting for treatment. The program aims to introduce parents'/carers to FBT and help them to gain resources to assist in developing skills to help support their child until they reach the top of the waitlist. Developed by Dr Anthea Fursland and Dr Susan Byrne for The Centre for Clinical Interventions (CCI) in Western Australia, Single Session Intervention involves a clinical assessment and delivery of psychoeducation.

## Why Use Single Session Intervention?

Research shows that single session interventions result in decreased levels of distress, decreased symptoms, increased motivation to change, and weight regain if needed.

Single session interventions are available via Telehealth or in one of our clinics. The sessions will last up to 90 minutes. Rebates are not available for this service.

## What Does it Involve?

A Single Session Intervention appointment may involve discussion of current symptoms, identifying barriers to change, family relationships, psychoeducation regarding eating disorders, and recommendations to assist in getting started in refeeding your child and containing the eating disorder until treatment can commence.

**For more information, or to book an appointment visit our website or call our team on (02) 9908 3833 today!**

\*Please note that Single Session Intervention is only available for those who are on a waiting list for FBT treatment. This includes but is not limited to the waitlist for BodyMatters Australasia