

[thebutterflyfoundation.org.au](http://thebutterflyfoundation.org.au)

**Butterfly Foundation**  
**Intensive**  
**Outpatient**  
**Program**

**Crows Nest, Sydney**



**Butterfly**

Foundation for Eating Disorders

Eating disorders are complex neuropsychiatric disorders associated with significant physical complications and increased mortality. They include Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and atypical presentations. While it is estimated that approximately one million Australians have an eating disorder, less than 25% are in treatment. Eating disorders can cause significant physical, emotional and social impairment. However, recovery is both possible and sustainable.

## **Butterfly Foundation**

Butterfly is committed to changing the culture around the treatment of eating disorders, to ensuring anyone at risk of or with an eating disorder has access to evidence-based affordable care, is person centred and involves family and carers.

## **Butterfly's Intensive Outpatient Program (IOP)**

The Butterfly IOP, delivered at Butterfly House in Crows Nest, Sydney, provides intensive, evidence-based treatment to people with eating disorders, and includes support and education for their families and significant others.

Our multi-disciplinary team includes clinical and registered psychologists together with a dietitian. The Butterfly team works closely with the client's external team including their GP, psychologist, counsellor and dietitian.

## About the Program

Our unique and specialised program has an individualised approach for each client, combining clinical treatment focus and normalising food intake and eating behaviours. Where needed, we aim to restore healthy weight. The program is based on the unique and effective approach of Carolyn Costin from the United States.

Butterfly's IOP program is for clients who are 16 years and over, have a diagnosed eating disorder and are assessed as medically stable. The program is specifically designed for people who are focusing on recovery but who need extra support with their eating disorder thinking and behaviours. It is suitable for those who have recently been discharged from an inpatient or day program.

Conducted on Tuesday and Thursday evenings and on Saturday mornings, each session is 3 ½ hours in length. Family members and carers are included in nominated Saturday sessions.

The length of the treatment is open and depends on the unique needs of the individual client. The average length of treatment is generally 16 - 18 weeks. The IOP is limited to a maximum of 10 participants at a time.

## Meal Support

Meal support is an integral part of the Butterfly IOP. Each client is supported by the IOP dietitian to make meal choices. We have a meal 'at home' program, meal at a restaurant and a catered meal each week.



Providing meal support in a therapeutic environment is essential for clients to learn not only how to recognise and manage eating behaviours as they arise, but to implement strategies to challenge such thoughts and behaviours in a safe environment.

### **Group Support**

The IOP is committed to providing treatment in a group therapy format that promotes acceptance and support, and not competitiveness. Group therapy sessions focus on eating disorder thoughts and behaviours, body-image, relationships, psychological issues, and relapse prevention. The groups allow clients to explore their issues and struggles in a supportive, safe and recovery-focused environment.

### **Professional and Family Involvement**

As clients near completion and discharge from the program, the IOP team works with them, their external treatment team and their carers or family to ensure they have ongoing support for their recovery. The IOP team will maintain contact for follow up and will help clients with referrals to other health professionals or support services if necessary to ensure continuity of care and progression through to full recovery.

### **Cost**

Butterfly is a national not-for-profit organisation and we believe there is an urgent need for this kind of treatment in the community. While the program is not covered by private health insurance or Medicare, there are several payment options available depending on individual needs. The IOP team will discuss these options as part of the assessment process for the program.



## Carolyn Costin

The IOP is a service inspired by and based on the work of Carolyn Costin, who after recovering from an eating disorder herself, has become a renowned therapist with over 30 years of experience in helping clients achieve full recovery from their eating disorder.

Carolyn Costin's success in this field stems from her use of evidence-based treatments combined with alternative therapy modalities, which are tailored for each individual. She has led a ground breaking approach in terms of engagement with clients – working with them to achieve their goals; incorporating meal support as an integral part of therapy; and engaging with family and carers.

Butterfly Foundation has worked with Carolyn to bring this approach to Australia, being committed to making it available to those who cannot travel overseas for such a program.

## Butterfly's National Helpline 1800 ED HOPE

**Butterfly's National Helpline 1800 ED HOPE** is a telephone, email and webchat counselling support service for anyone seeking help, advice or information around eating disorders / disordered eating and body-image issues. It is staffed by professionally trained counsellors.

**Butterfly's National Helpline 1800 ED HOPE is staffed from 8am - 9pm Mon - Fri.**

**Call 1800 33 4673, or [support@thebutterflyfoundation.org.au](mailto:support@thebutterflyfoundation.org.au) or access our online counselling from our website, [thebutterflyfoundation.org.au](http://thebutterflyfoundation.org.au)**

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## Interested in Finding Out More?

If you are interested in the IOP and think it may be suitable for you or someone you know or would like to refer, please contact us on 02 8456 3915 or email [treatment@thebutterflyfoundation.org.au](mailto:treatment@thebutterflyfoundation.org.au)

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[support@thebutterflyfoundation.org.au](mailto:support@thebutterflyfoundation.org.au)



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