

Psychotherapy

How does psychotherapy for eating and weight distress work?

Eating disorders tend to develop during a time of change or stress. You may have started off trying to control your weight or eating but now find these issues have taken over your entire life. You could be underweight, yet you may work hard to avoid gaining weight and feel afraid of eating. You could be experiencing episodes of overeating alternating with strict dieting. You could be trying to compensate for things you eat by throwing up, taking laxatives, or exercising a lot. You may be overweight and feel you have tried every diet out there without any lasting results. You probably feel preoccupied with thoughts about food, eating and your weight, shape or appearance. Negative feelings such as guilt or anxiety might dominate your moods.

The two-sided philosophy of psychotherapy for eating disorders

Eating problems tend to be self-maintaining problems that can, if untreated, lead to long-term physical illness and emotional debilitation. Effective eating disorders treatment will help you to eat regularly again. This may also entail gradually changing your weight back to a range that is healthier for you. Our psychotherapists are specially trained to help you deal with the worries you may have about making the changes necessary to achieve your goals. The other side of treatment is tackling the factors that have been maintaining the problems, such as low self-esteem, intense moods or interpersonal issues.

What sort of psychotherapy is offered?

Psychotherapy at NWCED is either Cognitive Behaviour Therapy or Integrative Counselling. In your initial consultation your options will be explained and you can choose the type of therapy that suits you best.



Can I bring family members with me?

Family members may be invited to attend one or two of your sessions, for instance for information and guidance or to address a specific issue. The intended goals would be discussed with your counsellor in advance. Alternatively, arrangements for a course of family therapy may be made.

How do I access psychotherapy and how long is the wait?

Psychotherapy is available by medical referral only. Please speak with your GP or other consultant, who can arrange for a referral to be sent to us. You will be contacted within one week of our receipt of your referral.

How is my psychotherapy paid for?

We accept NHS-funded and self-funded referrals.

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North West Centre for Eating Disorders

Providing choice in eating disorders treatment