



The Body Esteem Program

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Map courtesy of:
[www. Perthtourist.com](http://www.Perthtourist.com)



The Body Esteem Program

The "BEP"

Cath Ashton - BEP Coordinator

Our facilitators:

Liz, Madeleine, Anna, Leanne

Kathy, Jemma, Kathleen & Helen



Launch of the “BEP”



Early days



- 35 weeks ↓ (Netherlands)
- 20 week program consisting of two x 10 week blocks (Australia)

BEP Program



- Umbrella term for three group programs
- 20 x session, self help - peer facilitated program
- Women suffering from Anorexia/Bulimia OR Binge/Overeating symptomology

BEP Program



- Explores issues: body image, loneliness, self esteem, perfectionism, relationships, relapse, sexuality , the change cycle and decision making
- Two facilitators – lived experience and who have embarked on recovery from and ED

BEP Program



Support and information program for parents/partners family members

- 8 x 1.5 hour sessions
- Insight into the experiences and difficulties of sufferers
- Key stakeholders provide presentations



BEP Program

Step-Down Program

- For participants who have completed the 20 week self help program
- Ongoing monthly support to maintain recovery

BEP Program – snapshot 20 week program



- (2.5 hrs per week)
- Women accepting responsibility
- Themes, group activities and homework tasks, work time, closing circle
- Ideal = 8-10 participants
- Meal at local restaurant to conclude program – significant achievement



An Integrated Approach

- Safety and respect
- Role modelling and visualisation of recovery
- Continual improvement processes
- Continual liaison with key stakeholders across the ED field



Our BEP Facilitators

- Dual expertise – combining the lived experience with professional / semi-professional backgrounds
- Personal and professional
- Subjective but balanced with objectivity
- Training, guidance, supervision and support of staff – strong duty of care

Our BEP Facilitators



Stakeholder Agencies



- Bridges Assoc Referencing group and Mgmt Committee
- Butterfly Foundation – EDANN & NEDCP
- Eating Disorders Foundation, Vic
- Princess Margaret Hospital ED clinic
- Centre for Clinical Interventions
- Hollywood Clinic
- GPs and Psychologists

Integrated Approach



- New directive – consumer driven services ✓
- Carers WA – participants unique needs
- Clinical supervision: MOU with PMH –
Principle Clinical Psychologist
- Flexible supervision/debriefing opportunities
- Policies and procedures – protection of staff

The participants



- Across the Perth Metro area
- Employed OR studying
- Isolation
- Anorexia/Bulimia – 28.7 years
- Binge/Overeating – 37.8 years
- Depression/anxiety

Jemma's Story



Kathy's Story



The future??



- Funding – ongoing negotiations with the WA department of Health
- Expanding the website
- Preventative work
- Developing a Train the Trainer manual for other ED services



Thankyou!

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