

*“Since engaging in EDQ supports, I have felt an increased hope for recovery and have engaged in more recovery led and values-based behaviours.”*

## ABOUT

EDQ is a community-based, not-for-profit organisation that provides treatment and support for individuals, their carers, and key support people affected by eating disorders.

We offer a range of services as a partner to medical and psychiatric services, promoting lived experience voices and providing consultation opportunities.

EDQ also advocates for prevention and early intervention, through community education events focused on eradicating diet culture, weight stigma and promoting healthy relationships with food and your body.

EDQ has an office in South Brisbane and Cairns and offers services statewide via telehealth.



**For more information**  
**edq.org.au** or call (07) 3844 6055



Queensland  
Government



Australian Government

## COMMUNITY RESOURCES

EDQ offers a wealth of information and resources on eating disorders via our website.

### CLIENT RESOURCES

- ▷ Eating Disorder Passport

### PRACTITIONER RESOURCES

- ▷ Lived Experience Framework
- ▷ Understanding Eating Disorders booklet
- ▷ Clinical guidelines
- ▷ Carer Training Resources
- ▷ Carer Help Kit

### ONLINE TRAINING



**Shared Table - meal support training**



**First Steps to Eating Disorder Support - a training for non-clinical workers**



**Access Resources**



**Access Care Pathways**

**edq.org.au** or call (07) 3844 6055

### Cairns

209 Lyons Street,  
Gimuy-walubarra yidi Country,  
Westcourt, QLD

### Brisbane

51 Edmondstone Street,  
Yuggera Country,  
South Brisbane, QLD



**Treatment and support services for individuals with an eating disorder and their carers/key support people.**

**HOPE.**  
**RESILIENCE.**  
**RECOVERY.**

## ELIGIBILITY

### CLIENTS:

- ✓ Aged 16+
- ✓ GP Medical Clearance and Monitoring required
- ✓ QLD resident
- ✓ Permanent resident/Australian citizen
- ✓ Self-referral (no formal diagnosis required)

### CARER/KEY SUPPORTS:

- ✓ QLD resident
- ✓ Supporting a loved one with an eating disorder
- ✓ Permanent resident/Australian citizen
- ✓ No age requirement for the individual they are supporting.

## SUPPORT FOR CARERS/KEY SUPPORTS

EDQ understands the role of carers/ key supports in the recovery journey. The provision of these services for key support people in their caring role, can be beneficial to maintain their own wellbeing.

### COACHING:

**Solution-focused coaching:** Sessions to navigate challenges, no session limits apply.

### WORKSHOPS & PROGRAMS:

- **Fostering Recovery:** Skills-based workshop
- **Carer Connect:** Supportive peer connect group
- **Carer Peer Mentor Program**

## SUPPORT FOR INDIVIDUALS

### QUEENSLAND HEALTH STRUCTURED PSYCHOLOGICAL THERAPIES:

Up to 20 fully funded sessions available via telehealth, phone or face-to-face (waitlist may apply)

**MEDICARE COUNSELLING STREAM:** Rebates available

**MEDICARE DIETETICS STREAM:** Rebates available

### BITE PROGRAM

## GROUP BASED THERAPIES

▶ **THERAPEUTIC GROUP:** The 10-week group aims to create a safe and supportive environment. This allows people to explore some of the underlying reasons why we might be struggling with eating disorders. We look at a range of topics including feelings and needs, relationships and communication. Also how body image and how gender roles, cultural and family expectations might play a factor in eating disorders.

▶ **COMMUNITY TABLE:** As part of each session, the group shares a meal, which is provided by Eating Disorders Queensland. The Community Table uses a semi-structure approach, allowing time for pre- and post-meal activities, as well as the flexibility to explore a variety of different topics and skills that may be beneficial to recovery.

▶ **RECOVERY WARRIORS:** Careful consideration is made in facilitating this group as it can often be the first time a client engages with EDQ services and gets insight into the counselling interventions used and the community that exists at EDQ. The group aims to support clients until they can move into more intensive therapy and support services. Participants are introduced to various therapeutic and support interventions as well as providing ongoing recovery skills and reminders to help their recovery pathway.

▶ **SETTING THE TABLE:** A 5-week group for individuals comfortable with eating, focusing on recovery in areas like food preparation and social eating.

▶ **TRAUMA-INFORMED YOGA GROUPS:** A 6-week group and a monthly community practice for body connection and yoga practice.

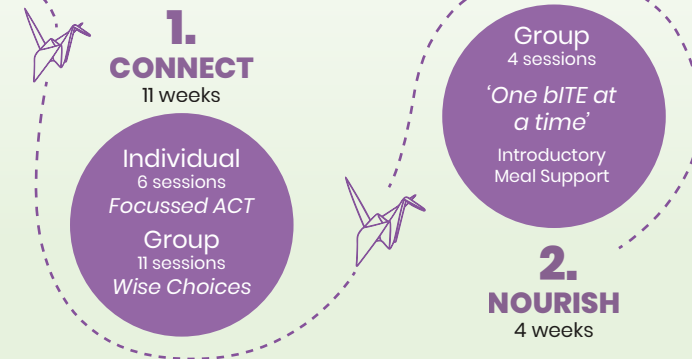
▶ **PLUG IN:** A monthly group for short- or long-term projects, ideal for those who have finished treatment.

*Lived Experience workers are present for support in groups*

## BITE PROGRAM

### BRIEF INTERVENTION THERAPY FOR EATING DISORDER PROGRAM

A 15 week community based program that focusses on connection and nourishment. bITE is tailored to individual client needs and preferences across the continuum of care, regardless of ED type, severity or geographical accessibility.



*"I have learned lots of new skills and tools to support me in my recovery journey and day-to-day life."*

## LIVED EXPERIENCE SUPPORT

Lived Experience support is based on non-clinical, authentic, humanistic connection between someone recovered from an eating disorder, and someone working towards recovery.

### LIVED EXPERIENCE INDIVIDUAL SUPPORT:

10 fully funded sessions

### LIVED EXPERIENCE GROUP SUPPORT:

**Peer Support Group:** Group led discussion facilitated by lived experience workers.

**Peer Mentor Program:** Pairs a mentee and a mentor who has recovered from an eating disorder for connections, support, and skill practice.