

Cognitive therapy for eating disorders

Here at Capio Anorexi Center we can offer patients with different types of eating disorder the highly specialised quality care that they need. We have many years' experience, and our results are good. All our treatments are based on a common platform – cognitive therapy. We have short waiting lists and can therefore offer help quickly.

We treat all types of eating disorder, i.e. anorexia nervosa, bulimia nervosa, unspecified eating disorder (EDNOS) and binge eating disorder (BED).

Our treatment model is based on cognitive therapy. This means that we work together with the patient to develop an understanding of how his/her thoughts, emotions and physical reactions can affect eating disorder behaviour. We provide the support that the affected individual needs to try new strategies for managing emotionally charged situations other than by eating or starving oneself. Everyone who works at Capio Anorexi Center uses the same method, which provides stability and reassurance for patients and staff alike.

We follow the three stage method:

- 1. Stop dieting and starving and start to eat regular meal*
- 2. Change strategy and find new ways*
- 3. Plan for the future with booster sessions*

Individual treatment programmes

We cover the whole spectrum of care, from outpatients, day care and residential treatment to full 24-hour care. The patients are offered the treatment options considered most suitable for their particular diagnosis.

We believe that it is important to make a speedy professional assessment, so that our patients can receive the right type of treatment as soon as possible.

The treatment programmes include educational sessions, individual psychotherapy (CBT), group psychotherapy, psycho-pedagogical group therapy, body image coaching, massage, rest and creative activity. The treatment programmes are individually tailored and continually monitored.

The aims of treatment are:

- to learn to eat regular and nutritionally balanced meals
- to increase/stabilise body weight
- to understand the underlying mechanisms of eating disorders
- to understand and accept one's body
- to recognise, accept and manage physical and emotional impulses
- to be able to rest
- to have a good social life
- to return to studies, work and other activities
- to rediscover belief in the future and the joy of life



Assessment consultations

A preliminary assessment is made as soon as we receive a referral/notification, and the patient will be offered an appointment for an assessment consultation within three months or as otherwise agreed. We will then inform the patient about the treatment options we have on offer and we will make an assessment of the patient's physical and mental condition, assess any concurrent problems and decide which treatment options are the most suitable. In addition, we assess how long the treatment is likely to take. If we decide that a patient is at immediate risk and cannot wait for treatment, we arrange a hospital contact. If we feel that the patient does not need our highly specialised care, we help him/her to make the necessary contact with primary care.

Our people

We have a broad range of competencies over a wide range of professional groups. We have GPs, child and adult psychiatrists, social work graduates, psychologists, nurses, carers, assistant nurses, therapy assistants, physiotherapists, masseurs and family therapists working with us. Everyone who works with the patient is trained in cognitive therapy, having completed an orientation course, undergone basic training or obtained a recognised psychotherapy qualification. Our units have their own staffed kitchen, providing tasty and nutritious food in a homely atmosphere.

Quality assurance and monitoring

Our aim is to use the best available monitoring systems for quality assurance and development. We use the StepWise monitoring system which is a fully computerised monitoring system that includes the RIKSÄT nationwide quality database as well as SCID-I, EDE-Q and SASB..

Commissioning organisations

Capio Anorexi Center has a healthcare provider contract with the county councils of Stockholm, Dalarna, Värmland, Västmanland and Östergötland. In Norway we have an agreement with NAV Pasient-formidling with regard to patients covered by a healthcare guarantee.

These healthcare provider contracts are formulated differently for different county councils. A referral from a doctor is often required along with a confirmation of funding from the relevant unit. Sometimes a self-referral is sufficient.

Please refer to following website for further information about how you can obtain help from us at www.capio-anorexicenter.com

Capio Anorexi Center

Capio Anorexi Center is the leading Nordic provider of treatment for the various types of eating disorder. We are located in Stockholm and Varberg.

We believe that it is very important to provide the right environment, both indoors and outdoors. The Capio Anorexi Center in Varberg, for example, has the calming atmosphere of a classical spa, beautifully located by the sea close to Apelviken beach. Our units have a homely environment with patient areas that have an added personal touch.

Would you like to know more?

Please feel free to contact us:

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