

Binge Eating Disorder Group

Patient information leaflet





What is Binge Eating Disorder?

Binge Eating Disorder (BED) is a recognised mental health condition associated with eating an objectively large amount of food, over a short period of time. People with BED often feel that they cannot stop eating or control what or how much they are eating. It is common for people with BED to feel driven or compelled to eat and feel that they have no control over this.

BED is not about choosing to eat extra-large portions, nor are people who suffer from it just “overindulging” – far from being enjoyable, binges are very distressing afterwards. People will often describe feelings of guilt and disgust at themselves after a binge, frequently linked to their belief that they should have more self control.

Binge Eating Disorder can affect anyone of any age, gender or background.

Treatment for Binge Eating Disorder

The National Institute for Clinical Excellence (NICE) have published guidelines which specify the most effective treatment for BED. They recommend that if self help is unsuccessful, group therapy specifically using a cognitive behavioral therapy approach should be offered.



What to expect from the group

Going to any group for the first time can feel very daunting. It can be really useful to remember that everyone attending the group will be experiencing very similar problems, regardless of their backgrounds, and most people will feel some degree of anxiety before coming. It can be helpful to understand the sorts of things that will be covered in the group, so we have provided a basic guide for you below.

- What is binge eating disorder and programme overview
- Cues and consequences
- Thoughts, feelings and behaviours
- How to challenge and re-structure your thoughts
- Cues and chains of events

- Impulsivity, self-control and mood enhancement
- Body Image
- Self-esteem
- Stress management and problem solving
- Assertiveness
- Weight management
- Relapse prevention including exposure to high risk foods and situations, and long term planning

If you feel unsure about the group or have any questions before attending, please call and speak to our lead therapist who will be able to talk you through what to expect in more detail and answer any questions you may have.

Accessing the group

Referral

To attend the group, you must be under the current care of the specialist weight management service in Leeds. You must be referred by one of the clinicians in the service specifically to the BED group.

Commitment

Attending group therapy of any type may feel like a significant commitment, both in your time and the emotional effort it takes. The group is 15 sessions in total over a period of 20 weeks. Whilst this may seem like a long time, we want to ensure that you are given the opportunity to really understand the information and strategies discussed as well as chance to make significant changes.

Contact us

If you have any questions about the group, please contact:

Tel: **0113 855 6730**

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