



# Private Eating Disorder Services

**Life Works, located in Woking, is a specialist rehabilitation service offering a new, market-leading eating disorder programme for private clients. Specially developed with leading clinical and therapy input, the programme couples dietetic interventions with proven therapeutic approaches, ensuring that treatment options are tailored to each individual in our care.**

Without timely, professional treatment, eating disorders can result in a number of devastating physical and psychological problems and can have a negative impact on an individual's health, wellbeing and quality of life. Seeking help can be daunting but it is the most important step towards overcoming an eating disorder, and living a healthier and happier life.

**We are able to deliver specialist treatment for the following eating disorders:**

- + Anorexia nervosa
- + Bulimia nervosa
- + Binge eating disorder (BED)
- + Other specified feeding or eating disorders (OSFED)

## Programmes

We are able to provide a range of treatment options, selected according to the level of support that is required. We offer:

- + 28 - 42 day inpatient treatment programmes that provide intensive support (programmes can be longer if needed)
- + A day care programme that enables clients to participate in our robust programme while returning home each evening
- + Outpatient support for those requiring step-down or less intensive support. Clients are able to make flexible appointments with our consultant psychiatrists and therapists

## Who do we treat?

Our programme is able to flex to the specific needs of each individual in our care. We are able to offer placements for:

- + Adults (both male and female)
- + With an eating disorder (anorexia, bulimia, BED or OSFED)
- + With a body mass index (BMI) of 14.5 and above

## Our team

Our highly specialised multidisciplinary team includes:

- + Consultant psychiatrists
- + Therapists
- + Registered nurses
- + Nutritionist and dietitian
- + Wellbeing practitioners
- + Healthcare assistants

## Our approach

Our programmes utilise one-to-one, group and family therapy to support our clients through their recovery journey towards positive wellbeing. Our robust therapeutic timetable includes:

Groups that provide practical dietary support:

- + Meal planning and outings
- + Shopping and cooking groups
- + Specific eating disorder psycho-educational groups
- + Exposure therapy

Therapeutic approaches developed specifically to support eating disorder clients:

- + Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA)
- + Body image groups/acceptance workshops
- + Dance movement psychotherapy groups
- + Psychoeducational groups, such as:
  - Understanding emotions
  - Relapse prevention

Access to other proven therapies and groups:

- + Cognitive behavioural therapy (CBT) informed groups
- + Dialectical behaviour therapy (DBT) informed groups
- + Art informed therapy and mindfulness
- + Access to Anorexics and Bulimics Anonymous (ABA) meetings
- + Family programme and free aftercare support for 12 months for clients who stay for 28 days or longer (provided at nearby Priory hospitals)



## The Cottage

Our new Eating Disorder Service is also offered at The Cottage, the UK's most unique and exclusive private treatment centre. Located within the grounds of Life Works, The Cottage caters for just one client at a time – offering the utmost in comfort and luxury, while providing clients with exceptional care to overcome their eating disorder.

## A free eating disorder assessment

We offer a free eating disorder assessment which includes dietetic, therapeutic and GP assessments, to better understand each individual's specific requirements and suitability for the programme.

## Funding

Priory offers personalised and accessibly-priced treatment packages for individuals who are looking to self-pay for treatment.

We are also an approved provider for all of the UK's leading private medical insurers. If you have private medical insurance, a GP referral may be required by your insurer before treatment can commence. Please liaise directly with your insurer to confirm.

## Enquiries and further information

To find out further information or to make a referral into Life Works, please contact our dedicated 24/7 enquiry team:

**Telephone: 0808 291 2712**

**Email: [enquiries@lifeworkscommunity.com](mailto:enquiries@lifeworkscommunity.com)**

**Visit: [www.lifeworkscommunity.com](http://www.lifeworkscommunity.com)**



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