



Swinburne Psychology Clinic

Compassion Focused Therapy Group for Trauma Recovery and Disordered Eating

The Compassion Focused Group for Trauma Recovery and Disordered Eating is a program designed for people whose lives are currently affected by problematic eating and have experienced an overwhelming event or series of events in their lives, that could be classified as a trauma.

What is the Compassion Focused Therapy Group for Trauma Recovery and Disordered Eating?

The Compassion Focused Therapy Group for Trauma Recovery and Disordered Eating is a six-session group-based program, designed to assist people who are currently affected by eating difficulties and who have previously experienced trauma. The program will incorporate a range of skills to cultivate compassion, including grounding, breathing and mindfulness in order to develop more positive ways of relating to oneself and others. The program may be completed either alongside individual therapy or as a standalone treatment.

What is Compassion Focused Therapy?

Compassion Focused Therapy (CFT) was developed by Professor Paul Gilbert O.B.E. for individuals with high levels of shame and self-criticism. Compassion is defined by Professor Gilbert as 'the sensitivity to suffering in self and others, with a commitment to try to alleviate and prevent it'.

Previous research has indicated that people who have experienced traumatic events have a greater risk of developing disordered eating. Furthermore, higher levels of shame and self-criticism have been identified as potential barriers that these individuals often face during treatment and recovery.

The aim of CFT is to improve overall wellbeing to individuals experiencing shame associated with past events and eating problems, achieved through compassionate mind training.

Format of the Program

The Compassion Focused Program for Trauma Recovery and Disordered Eating consists of 6 two-hour sessions for between 6-10 participants. The aim is to introduce members to a range of skills and techniques that will be developed and experienced during the training to build their compassionate self, and enhance wellbeing. The program is led by a registered Clinical Psychologist and co-facilitated by postgraduate Clinical Psychology students.

Participants will be asked to complete questionnaires at specific time points to understand how the difficulties change over time; T1 upon recruitment, T2 at completion (week 6), T3 6 months after completion of the program. Other opportunities to participate in follow up interviews will be offered but are not mandatory.

Fees

The group therapy program is low-cost. It is \$240 (\$40 per session) and Medicare rebates are available for people with a referral from their medical practitioner (\$31.65 per session). This fee is payable prior to the commencement of the group and is non-refundable.

About the Psychology Clinic

The Psychology Clinic provides low-cost services to the community, such as individual counselling, group therapy programs and psychological assessment. As a part of Swinburne's postgraduate psychology programs in Counselling and Clinical Psychology, our staff include graduate students working as psychological counsellors, their supervisors and administrative staff.

Previously known as the Centre for Psychological Services, and then the Psychology Centre, the Psychology Clinic was established by Swinburne University of Technology in 1990. The Psychology Clinic was an initiative of Swinburne's psychology department

Eligibility and Application Procedure

Adults over 18 years who have a history of trauma and are currently experiencing eating difficulties are able to apply for the program. Participants do not need to have a formal mental health diagnosis in order to participate. Prior to commencing the group, you will meet with the facilitators to assess whether the group is suitable for your needs, and this assessment carries a one-off fee of \$25. If you are interested in attending and wish to find out more, please contact the Swinburne Psychology Clinic on 9214 5528 or email psychprojects@swin.edu.au

Contact us

Swinburne Psychology Clinic

Level 4, The George

34 Wakefield Street

Hawthorn

VIC 3122

Telephone: (03) 9214 5528

Email: psychprojects@swin.edu.au