



# Start the journey towards a happier, healthier life

Centre for Integrative Health (CFIH) is a multidisciplinary private outpatient clinic dedicated to the treatment of eating and body image concerns.

# We help people overcome eating, weight and body-image concerns

Eating disorders do not discriminate. They can affect people of all genders, ages, shapes, sizes and cultural backgrounds. Our team has specialised training in the treatment of eating disorders and their related conditions.

## Why Choose Us

Our team of Psychiatrists, Psychologists, and Dietitians utilise gold-standard, evidence-based approaches to treat eating disorders and body-image issues in people at all stages of life.

Our highly experienced team offers a range of treatments and specialist programs to achieve the best possible results for every individual. We believe that everybody deserves a healthy and happy life.

## Conditions Treated

Anorexia Nervosa

Bulimia Nervosa

Binge Eating Disorder

Avoidant and Restrictive Food Intake Disorder (ARFID)

Body Image and Appearance Concerns

Avoidant / Excessive Exercise

Chronic Disease Management



# What We Offer

## Psychological Treatments

Maudsley Family Based Therapy ( "FBT", "Maudsley")

Cognitive Behavioural Therapy – Enhanced (CBT-E)

Cognitive-Behavioural Therapy for ARFID (CBT-AR)

Specialist Supportive Clinical Management (SSCM)

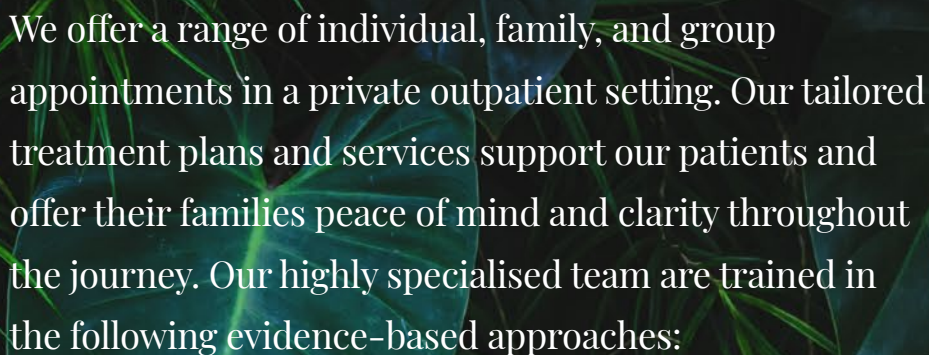
The Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA)

Dialectical Behaviour Therapy (DBT) for eating disorders

Compassion Focused Therapy

Guided Self Help for Bulimia Nervosa & Binge Eating Disorder

Psychiatry Assessments and Treatment

A close-up photograph of various tropical plants, including large green leaves and thin, needle-like leaves, creating a lush, natural background.

We offer a range of individual, family, and group appointments in a private outpatient setting. Our tailored treatment plans and services support our patients and offer their families peace of mind and clarity throughout the journey. Our highly specialised team are trained in the following evidence-based approaches:

## Dietetic Intervention

- Medical Nutrition Therapy
- FODMAP Protocol
- RPAH Elimination Diet
- Coeliac and Food Allergy management
- Non-Diet Approach and Intuitive Eating
- Nutritional Counselling

## Other

- Psychiatric assessment, diagnosis, and management
- Group Meal Support Sessions
- Group Therapy Programs







## Our Team

Our team has been hand-picked for their passion, dedication, and expertise in eating disorders. We are committed to ongoing professional development and the practice of evidence-based treatments.





## Contact Us

### Brisbane Head Office

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### Sunshine Coast Clinic

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Our fees are set as per the Australian Psychological Society and the Australian Medical Association recommended fees. No referral is necessary however rebates may be available through the following GP referrals; Mental Health Care Plan. Chronic Disease Management Plan. Eating Disorder Management Plan. Depending on the insurer and level of cover, rebates or funding may also be available through private health insurance, NDIS or Workcover.