



Food & Meal Therapy™

Wanting to recover from an eating disorder is a major step for a client but it's also the easy part. Learning how to eat again and all that eating involves, can be so challenging and distressing that it makes the eating disorder look like the better option. Helping the client to overcome fears around food as a result of their eating disorder is critical.

Food & Meal Therapy™ can be provided at your home or discreetly in a café or other setting and can assist with the following:

- Normalise food to the client by helping the client learn to prepare and cook food, serve up portion sizes, order meals from menus etc.
- Provide support to the client at family mealtimes
- Address and work on issues that may be occurring within the family unit at mealtimes that may be problematic for the client.



**For Freedom from your Eating Issues, Contact Paula on
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Medibank Private rebates available