

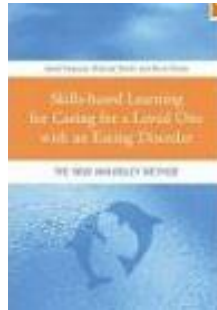
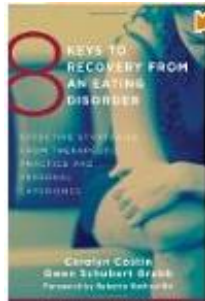


Introductory Package

Paula has a wealth of expertise and experience in working with eating disorders, eating and body issues and knows that most people require a *minimum* of 6 sessions to begin to address these types of issues.

Individual Face-to-Face, Phone or Skype Counselling

- Initial 90 minute session, including thorough assessment
- 5 x 50 minute standard sessions (frequency of sessions is determined on the outcomes of the initial session*).
- **Complimentary** copy of one of these highly recommended texts:



- ❖ The 8 Keys to Recovery from an Eating Disorder – By Caroline Costin and Gwen Grabb
- ❖ Skills-Based Learning for Caring for a Loved One With an Eating Disorder – The New Maudsley Method – By .Janet Treasure, Grainne Smith & Anna Crane
- ❖ If Not Dieting, Then What? - By Dr Rick Kausman

*From the outcome of the initial session, Paula will determine and advise on the Therapeutic Intensity Level required for maximum benefits. Please see **Therapeutic Intensity Packages for Eating Issues** for more information.

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Medibank Private rebates available