



Adult Eating Disorders Program Guide Your Treatment Journey



Kingston Health
Sciences Centre

Welcome!

This introductory letter provides you with information about our program and additional Ontario resources.

Eating disorders are serious but treatable illnesses that affect thoughts, emotions, and behaviours related to food, weight, and exercise. They have both mental and physical symptoms and can impact individuals of all body sizes.

While waiting for treatment, it is essential to continue medical monitoring with your family doctor or nurse practitioner to ensure your physical health remains stable.

Important: We are not a crisis program and cannot provide last-minute appointments.

If you are in crisis, please:

- Call your family doctor
- Call Addictions & Mental Health-KFLA Crisis Line: Kingston & Frontenac:
- 613-544-4229 or 1-866-616-6005
- If you are experiencing a medical emergency, visit your nearest emergency department

An eating disorder can make it difficult to maintain a balanced and nourishing relationship with food and activity, which can lead to significant health risks.

Early treatment is essential.

Being proactive in your treatment involves attending appointments and engaging in group sessions. We want you to participate in your treatment actively. The more active you are in your treatment, the greater benefits you will see in your recovery.

Program Goals

- Restoring physical health (including normalization of eating and weight restoration)
- Symptom interruption (e.g., interruption of bingeing, purging, restriction, excessive exercise)
- Acquiring recovery-oriented skills
- Improving participants' quality of life

It typically takes one year or longer to complete treatment



Step 1: Assessment

Our program secretary will schedule your initial in-person psychiatry assessment which lasts approximately 1.5 hours.

At this appointment:

- You will receive an eating disorder diagnosis clarification
- If deemed suitable for our program and you choose to proceed, you will:
 - Book a follow-up psychiatry appointment (in-person or virtual)
 - Schedule an in-person intake assessment with the nurse practitioner (NP)
- As KHSC is a teaching hospital affiliated with Queen's University, a medical student or resident physician may be present

Following this appointment:

- You will receive a nutrition form (hardcopy or digital) to be completed and returned to the program as soon as possible

Step 2: Nurse Practitioner (NP) Assessment and Medical Monitoring

Your intake assessment with the NP will last 1 to 1.5 hours, followed by lab work and an electrocardiogram (ECG). Please expect to spend 2 to 3 hours in total for this appointment.

Ongoing medical monitoring:

- Appointments are monthly (in-person), but frequency varies based on individual needs
- The NP will track physical and mental health throughout your treatment
- As you stabilize, appointments may be spaced every 1 to 2 months
- Routine lab tests will be required
- Follow-up visits are typically 40-60 minutes

Note: The NP is the **only** team member requiring in-person appointments. All other services, including therapy groups, are primarily **virtual (via Microsoft Teams)**. If you prefer in-person sessions, please discuss this with our team.

Step 3: Dietitian Support

Your first few sessions with the dietitian will focus on assessing your needs and developing an individualized meal plan. Your completed nutrition form is an integral part of this process.

- Initial session: 1 hour
- Follow-up sessions: 30-45 minutes, frequency determined by your needs
- Self-monitoring may be requested to support your progress

Step 4: Core Therapy

Core Group Therapy is a 12-session, small closed-group treatment program based on Cognitive Behavioural Therapy (CBT).

This structured group provides a supportive environment to help you apply CBT skills and build a foundation for sustained recovery.

This group focuses on:

- Recognizing the link between thoughts, feelings, and behaviours
- Identifying and challenging cognitive distortions and perfectionistic thinking
- Developing alternative coping strategies
- Goal setting to improve nutrition, decrease symptoms and increase self-compassion
- Lapse and relapse prevention strategies to support long-term recovery
- Each session is 2 hours long

Step 5: Cognitive Behavioural Therapy (CBT) for Body Satisfaction

After completing Core Therapy, if you are consistently meeting your meal plan and have few eating disorder behavioural symptoms, you may participate in this 10-session, CBT-based group.

This group focuses on reducing body dissatisfaction by:

- Identifying and eliminating behaviours that reinforce negative body image using exposure with response prevention strategies
- Challenging negative body image thoughts and developing a healthier perspective
- Building a broader self-concept that extends beyond weight, shape and appearance
- Encouraging behavioural activation to engage in meaningful activities that foster self-worth and confidence
- Each session is 2 hours long

By addressing both the thought patterns and behaviours that contribute to body dissatisfaction, this group supports a healthier relationship with your body and promotes long-term recovery.

Everyone completing the program can expect the following steps as they get ready to transition out of care



Step 6: Discharge Planning

Throughout your treatment, regular check-ins with your therapist, nurse practitioner, and psychiatrist support your stability and help prevent relapse, all while preparing you for discharged from the program.

Your treatment length depends on your individual needs, but everyone completing the program can expect the following steps as they get ready to transition out of care:

- A scheduled discharge planning meeting
- A detailed discharge summary will be provided to your primary care team
- A list of additional supports to consider after discharge

Post-Discharge Support

If additional support is needed after discharge, consider these Ontario-based resources:

- National Eating Disorder Information Centre: <https://nedic.ca>
- Sheena's Place (free support groups): <https://sheenasplace.org>
- Body Brave (eating disorder recovery support): <https://www.bodybrave.ca>
- For additional mental health and addiction supports and community resources (including eating disorders supports), please visit: <https://kingstonhsc.ca/MentalHealthAddictionResources>

If at any point you decline outpatient treatment and require a higher level of care, we can facilitate referrals to day treatment programs or inpatient eating disorder programs.



Notes:

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Kingston Health Sciences Centre



KHSC is located on the ancestral
lands and waters of the Anishinaabeg
and Haudenosaunee.

Adult Eating Disorder Program
Hotel Dieu Hospital site

166 Brock St., Kingston, ON, Canada K7L 5G2
613-544-3400 ext. 22506
www.KingstonHSC.ca/AdultEatingDisorder

December 2025 Aussi disponible en français