

Severe and Enduring Eating Disorder (SE-ED) Program

What are Severe and Enduring Eating Disorders?

Although there is no set definition for SE-ED, the common criteria requires the illness to have occurred over a long period of time (10+ years in the EDV SE-ED Program) and that attempts at treatment have thus far been unsuccessful. It is important to note that a SE-ED can occur in any eating disorder diagnosis.

Why was EDV's SE-ED Program created?

The SE-ED Program at EDV is a world- leading program for those with Severe and Enduring Eating Disorders, funded by the State Government, and is believed to be the first of its kind in the world. The SE-ED Program recognises the significant impact long-term eating disorders can have on quality- of- life, including people's ability to identify, engage, and maintain participation in meaningful activities, occupations, and life roles.

The SE-ED Program focuses on increasing quality-of-life for participants by providing education, fostering learning and independence, increasing hope and enhancing social skills. The program is guided by recovery principles of dignity, hope, responsibility, peer support, self- directness and empowerment.

Lived experience is a hallmark of the program. Designed through extensive community consultation and co-design, and delivered by those with lived experience, the program actively fosters and adapts to the needs of SE-ED community.

SE-ED Program Goals

- Improved functioning and quality- of-life for those with SE-ED, their carers and significant others, through increased engagement with social and emotional connection with self and others.
- Improved self-care and increased hope for future prospects of recovery.
- Increased connection with eating disorder services.
- Those with SE-ED feel heard and engaged with all aspects of program design to decrease sense of alienation and helplessness.

SE-ED Program Format

The SE-ED program is a 12-week program, comprising of:

- a combination of one-on-one sessions and group work sessions.
- 3 social events.
- a fortnightly SE-ED carers and significant others group.

This program is available to people across Victoria and is free for all participants.

Learn more

If you or a family member or friend is interested in participating, please submit your interest to:

se-ed@eatingdisorders.org.au

or visit:

<https://www.eatingdisorders.org.au/find-support/edv-se-ed-program/>