

Review process

At your assessment you will be given a review appointment with your assessor. This will typically be 6 weeks after your assessment.

The aim of the review is to check how you found completing the psychoeducation package, if there was anything that you struggled with and if you had any further questions.

Your assessor will also discuss the next appropriate treatment option for you going forwards. This will be decided on an individual basis. You will receive further information about the next steps in your review appointment.



Frequently asked questions

Who do I contact if I am experiencing any issues accessing the guidance platform?

If you experience any issues please contact plt.adminded@nhs.net or 0116 225 2557 and a member of the team will be in contact.

Do I have to complete the psychoeducation package?

This is the first step in the treatment pathway within our service. It is expected that you complete this as part of your treatment. Completing the psychoeducation package can help you to prepare for further treatment. We appreciate that you may find some topics difficult. Please highlight these and your thoughts about the information when you have your review. This helps us to plan your care going forwards.



Leicestershire Adult Eating Disorder
Service

"Understanding my eating disorder"

Guidance package
Information booklet

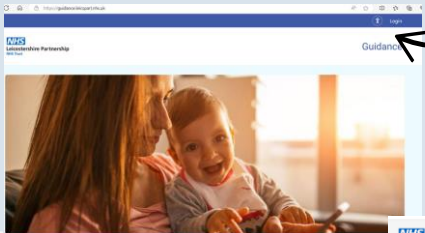


How to access Guidance platform

Following your assessment with the service you will receive a text message with the code and website link to access the guidance platform

<https://guidance.leicspart.nhs.uk/>.

Click the login in button on the top right hand side of the main page.

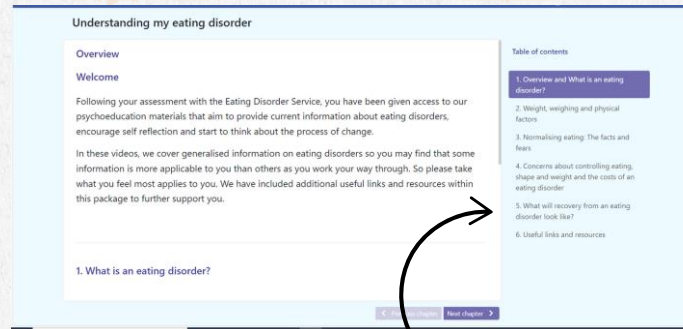
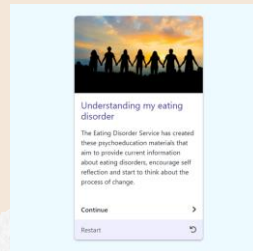


Then click the new user button at the top of the page

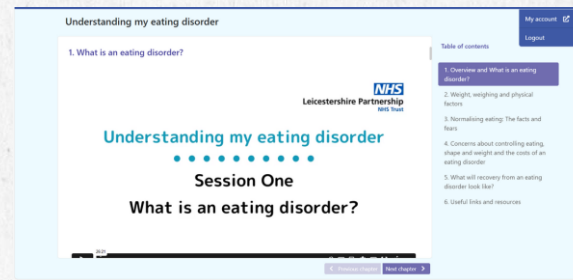
Create an account. You will receive a verification email that you will need to click the link to activate your account

Log in using the account information you just set up. There will be a box asking for an access code. The code is UMED1234.

You should then have access to the main guidance page for the “Understanding my eating disorder” package



Use the navigation bar to access each video and useful links



Session content

Session 1: What is an eating disorder?

Session 2: Weight, Weighing and physical factors

Session 3: Normalising eating: The facts and fears

Session 4: Concerns about controlling eating, shape and weight and the costs of an eating disorder.

Session 5: What will recovery from an eating disorder look like?

Aims of the videos

These videos are the first step of the treatment pathway

The videos will allow you to:

- Have access to current and accurate information about eating disorders.
- Encourage self-exploration / self-reflection.
- Think about the process of change and what this means for you and your family.
- Have a space to think about what treatment/therapy will be like.