

What we do:

Caraline is committed to promoting understanding and insight into the issues faced by people living with eating disorders. We offer support to individuals and their carers.

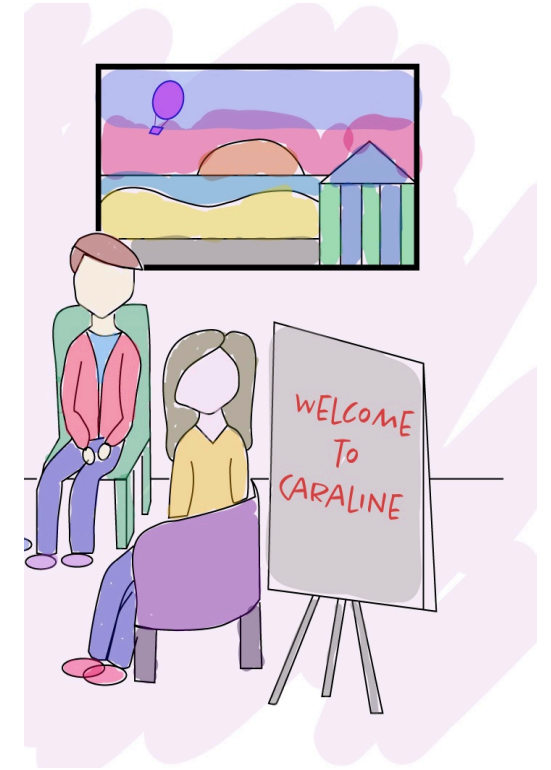
We do this by offering a range of support services using evidence based therapy which includes Cognitive Behavioural Therapy (CBT) and Enhanced Cognitive Behavioural Therapy (CBT-e).

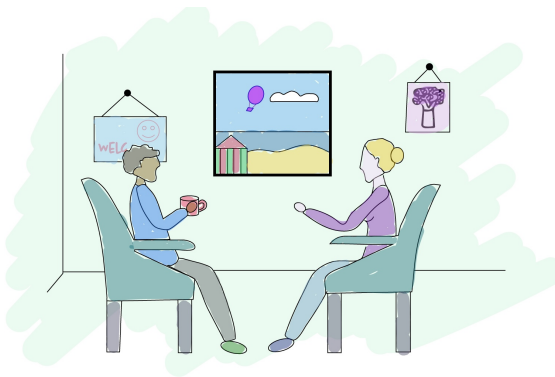
Therapy is provided in either group work programmes or individual sessions. We believe that understanding promotes recovery.

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Caraline 
Support for eating disorders
Since 1994





Team Caraline

Our staff come from a variety of backgrounds including:

- Counselling
- Occupational Therapy
- Support Work
- Dietetics
- Cognitive Behavioural Psychotherapy

All the staff at Caraline are qualified and receive regular supervision for their casework.

We are an organisational member of The British Association of Counselling & Psychotherapy.

*A journey of a thousand miles
begins with one small step.....*

Confucius

What we offer you:

Referral

If you wish to access our services you can either self-refer or be referred by your GP

Assessment

An assessment consists of at least two one hour appointments. Your assessor will ask you a range of questions as well as requesting you to complete some questionnaires to help determine the best course of treatment for you. You will also be weighed and measured.

If your problem is compatible with our treatment pathway we will then write to your GP to request them to provide medical monitoring during the course of your treatment.

The treatment you will be offered

Individual Enhanced Cognitive Behavioural Therapy (CBT-e).

Your treatment will usually take place over 20 sessions.

Other Services

Alongside your treatment you may be invited to attend or use some of the other support services we offer:

- Caraline Connect
- Online Discussion Forum
- Carers Support Group
- Young Peoples Support Group
- Adult Support Group

Moving On

If you are moving away or going to University we will support you during your transition.