



Psychology Clinic

Mindful Moderate Eating Group 2019

The Mindful Moderate Eating Group is a low-cost program for women experiencing difficulties controlling their eating behaviours.

What is the Mindful Moderate Eating Group?

The Mindful Moderate Eating Group (MMEG) program caters for people suffering from mild to serious eating problems. It is suitable for people who wish to better understand and control their eating behaviour within a small, supportive group environment. The MMEG program takes a psychological approach (rather than dietary) to managing emotions and eating behaviour, body image, self-esteem and more.

Program Outline

The MMEG program is a 12-session program that runs for 3-hours on 10 consecutive weeks, as well as a follow-up session at 1 month and 2 months' post program. Programs tend to run in the evenings from 6pm-9pm or Saturday Mornings. Participation in the program involves attending all sessions, as well as an initial interview.

Follow-up individual counselling is also available and this can be arranged by contacting the Psychology Clinic's reception on 9214 8653 or email psychclinic@swin.edu.au.

The MMEG program is conducted by three provisionally registered psychologists undertaking graduate studies at Swinburne University of Technology. The program is also overseen by Dr Nicole Redlich, a Lecturer in Psychology and a member of the Psychology Clinic's executive committee.

Eligibility and Application Procedure

To be a part of the MMEG program participants are required to attend a two-hour assessment with a MMEG facilitator prior to program commencement. The MMEG program is not suitable for people who:

- Are under 18-years-of-age
- Have Anorexia Nervosa
- Have problematic drug or alcohol abuse
- Have a major physical illness
- Have severe suicidal ideation

The assessment process is to commence early 2019 and the group program runs on demand, a number of times throughout the year.

Fees for 2019

The cost of the MMEG program includes an assessment fee of \$25, plus a program fee of \$445 which includes a mindfulness CD and reading kit. This fee is payable prior to the commencement of the group and is non-refundable. If you are unable to pay the program fee in one lump sum, please contact the Project Officer to discuss alternate arrangements.

About the Psychology Clinic

The Psychology Clinic provides low-cost services to the community, such as individual counselling, group therapy programs and psychological assessment. As a part of Swinburne's postgraduate psychology programs in Counselling and Clinical Psychology, our staff include graduate students working as psychological counsellors, their supervisors and administration staff.

Previously known as the Centre for Psychological Services, and then the Psychology Centre, the Psychology Clinic was established by Swinburne University of Technology in 1990. The Psychology Clinic was an initiative of Swinburne's psychology department that has achieved an enviable reputation for its teaching, training and research. Our patron is Professor Allan Fels AO.

Please note: Fees are subject to change without notice

To register your interest in this program or to find out more information please contact the Project Officer on 9214 5528 or email psychprojects@swin.edu.au

Contact us

Swinburne Psychology Clinic

Level 4, The George

34 Wakefield Street

Hawthorn

VIC 3122

Telephone: (03) 9214 5528

Email: psychprojects@swin.edu.au

swinburne.edu.au/lss/psychology/pc