

A close-up photograph of a field of white daisies with bright yellow centers. The flowers are in various stages of bloom, and the background is a soft, out-of-focus green.

Eating Disorder Service

What is an Eating Disorder?

The main features of eating disorders are:

- Unusual eating behaviours such as restricting, over-eating, binge-eating, or selective eating.
- Other behaviours such as inducing vomiting, abuse of laxatives or diuretics, or excessive exercising.
- Extreme concerns about weight or shape which affects the way somebody eats.

What we offer

We offer an assessment service to help you understand the nature of your eating problems and any underlying issues. This can help us to recommend a comprehensive treatment package in collaboration with your GP, or other professionals who may be involved. Our service follows the guidelines recommended by the National Institute of Clinical Excellence (NICE) which you can download at <https://www.nice.org.uk/guidance/cg9>.

We understand the importance of a holistic approach for the treatment of eating disorders and find that the best outcomes are achieved by combining individual therapy with nutritional therapy. If required, psychiatric input is also available. We will liaise with your GP to co-ordinate medical monitoring if required. Our team has therapists with training in a range of therapies including Cognitive Behavioural Therapy, Dialectical Behaviour Therapy, Cognitive Analytic Therapy and Psychodynamic therapy, so we can think with you about what approach would be most helpful.

Who might benefit from our services

We offer assessments to individuals of any gender aged 18 or over who wish to address any form of disordered eating. We can also work with dual or multiple diagnoses. We have a BMI cut-off of 15 as guidelines suggest that people with a BMI of <15 require more intensive support than we can offer. Our clients have BMIs in the underweight, healthy, overweight and obese ranges; although we will pay attention to your physical health, our recommendations are guided by your relationship with food and psychological difficulties rather than your weight.

How to access the service

A written referral is required from your GP or other healthcare professional. You will need to visit your GP and ask him/her to include information about your eating difficulties, current weight and BMI, weight trend over the past 6 months and medical history. Once we have received this, we will be in contact with you to arrange an initial assessment.

The Team

Dr Liz Lawson - Eating Disorder Service Clinical Lead & Counselling Psychologist

Dr Andrea Brown - Consultant Psychiatrist

Chris Atha - CBT Therapist

Sally Paybody - Nurse Therapist

Dr Sharon Croskin – Registered Psychologist

Helen Williams - Specialist Dietitian

Sue Edwards - Eating Disorder Team Administrator & Medical Secretary

Supervision, Training and Consultation

We can provide one-off or ongoing individual, group or team supervision or consultation around working with complex problems and working with people who have a diagnosis of an eating disorder.

We can provide tailored training packages, from half-day workshops to longer training events, depending upon your needs. If you would like more information on any of these services please contact the Tuke Centre.



Getting to the Tuke Centre

By car/bike: Parking is available on site. Green Dykes Lane runs from Hull Road to the University of York. The Tuke Centre is on the right at the top of the hill coming from Hull Road. Care needs to be taken turning into the entrance.

By public transport: The Centre is about two miles from York Railway Station. Buses running to the University leave the station at regular intervals and you should alight at the first bus stop in the University Campus then retrace the bus route to The Tuke Centre on the left



Registered office: The Retreat York, Heslington Road, York YO10 5BN
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