

Guided Self-Help for Binge Eating

Information for patients

What is Binge Eating?

Binge eating is when someone eats an amount which they view as excessive, with a sense of a loss of control. Binge eating can also sometimes be referred to as emotional or comfort eating.

Who is this programme for?

This programme is for adults with binge eating behaviours.

How will this programme help?

This programme aims to reduce binge eating behaviours by providing you with useful information about the nature of your difficulties with eating and strategies to help, such as problem-solving skills.

You will work through the steps of the programme, using a self-help book with guidance from a member of the Weight Management Psychology team.

What is Guided Self-Help?

Guided self-help is an evidence-based treatment recommended by the National Institute for Health and Care Excellence (NICE) as a first-line psychological treatment for binge eating behaviours.

Guided self-help involves using a self-help book with additional support from an Assistant Psychologist. The book provides steps for you to work through and the guidance will help to keep you on track, encourage you, and help you to problem solve.

How does the programme work?

This guided-self-help programme is based on the book *Overcoming Binge Eating, Second Edition* (2013) by Dr. Christopher G. Fairburn.

Throughout the programme you will be required to have an active role in your treatment and read chapters of the book in between sessions as well as completing tasks at home.

You will be offered up to eight one-to-one sessions with an Assistant Psychologist to work through the programme. The Assistant Psychologist will act like a coach by helping you to explore strategies, review your progress and problem-solve any difficulties.

Your first and last sessions will be around 50 minutes, with shorter sessions of 20-30 minutes in between. You will have the option for the sessions to be in-person, via video call or telephone.

It is likely that you will not cover all of the contents of the programme within these sessions, but we encourage you to continue working on the programme at home until you have completed it.

How do I access the book?

Throughout the programme you will need to have a copy of the *Overcoming Binge Eating* book.

Many patients find it helpful to buy their own copy during the programme (approximately £15). We recommend you purchase your own copy so that you can write notes inside and refer to it in the future, but if you are unable to do so, the service can lend you a copy. If you borrow a book, this remains the property of NHS Lothian and must be returned to the service.

The book can be returned to the service in-person, or if it is not possible for you to come into the service, we can discuss and arrange alternative options with you.

Contact Information

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