

# 'Momentum' guided self-help for Binge Eating Disorder



## NICE-recommended treatment for adults with BED

Eight telephone support sessions of 20–25 minutes each, delivered over 12 weeks by Specialist Advisors using the NICE-recommended guided self-help book 'Overcoming Binge Eating'

### Who is it for?

Adults with binge eating disorder

### Intended outcome

Reduction in binge eating behaviours, improved quality of life and provision of useful skills in working towards and achieving long-term recovery

### Details

Patients referred to Beat receive an introductory phone call and are sent the book 'Overcoming Binge Eating' (1). They then receive 8 support sessions from a specially trained advisor as they work through the book. The goal of the sessions is to support the individual's use of the guided self-help book by clarifying any questions, helping the individual to work through the steps as outlined in the book, providing encouragement and instilling hope that things can change.

Service user testimonies include:

*"I am so hopeful thanks to this programme that I can gain full recovery."*

*"Honestly 'massive' might sound an overstatement, but I feel a thousand times better than a few months ago. The main change has been that I think less about food and I'm placing more importance on other aspects of my life like career and development and this was exactly what I wanted."*

*"I'm feeling very good now and I think that even though some lapses might reoccur I have a complete different mindset now and I have the tool to overcome binges and consider them as isolated cases and not having the all or nothing mentality I had before."*

The NICE guidelines for eating disorders (2,3) recommend that people with a diagnosis of BED are provided with a guided self-help programme as first-line psychological treatment. Evidence suggests that the support sessions do not need to be provided by an eating disorder specialist, and that people with fewer professional credentials have achieved comparable results to therapists (4). Following consultation with Beat's Clinical Advisory Group and other experts in BED (including experts by experience), it was agreed that people without a clinical qualification employed by Beat could deliver a guided self-help programme for people affected by binge eating difficulties and BED in a safe and effective manner. This has since been demonstrated and the service is now available for commissioning.

Where appropriate, Beat's carer information pack will be posted to help relevant family members or other carers to provide a supportive environment for their loved one as they wait for treatment.

## More information

For more information about this service or a partnership with Beat, please contact Camilla Leach, Senior Partnerships Officer via [c.leach@beateatingdisorders.org.uk](mailto:c.leach@beateatingdisorders.org.uk).

This is one of a series of services which Beat provides in support of NHS eating disorder services. A full list is available at [www.beateatingdisorders.org.uk/commission-us](http://www.beateatingdisorders.org.uk/commission-us)

### Other services for people with eating disorders:

- Motivate: weekly support to help people waiting for treatment to stay motivated
- Bolster: 1-1 telephone coaching for adults with emerging eating disorders
- SharED peer support for young people: moderated 1-1 email support from a volunteer befriender

## Beat and NHS working in partnership

Beat works with NHS partners to help people get into treatment faster and to achieve a quick and sustainable recovery. Our belief is that we can provide non-clinical support quickly, effectively and cheaply, leaving NHS clinicians more time to do the clinical work that they have been trained for.

We can provide some of our services to NHS partners free of charge. For other services we have to pass on our costs to you, but we never take a profit from our work with NHS partners.

We provide services in the following areas:

- Direct support to people with an eating disorder
- Training and support for family members and others caring for a loved one with an eating disorder
- Support and training for clinicians
- Strategic support to health care providers

All our services are developed in consultation with NHS and academic partners, and co-produced with our beneficiaries with guidance from our multidisciplinary Clinical Advisory Group of senior clinicians:

Abigail Cardwell (Lead Occupational Therapist, South West London and St George's Mental Health Trust)

Dr Erica Cini (Consultant Psychiatrist, East London Foundation Trust)

Sam Clark-Stone (Lead Clinician and Registered Mental Health Nurse, 2gether Trust)

Dr Fiona Duffy (Consultant Clinical Psychologist and Clinical Lead, NHS Lothian)

Sarah Fuller (Specialist Eating Disorder Dietitian, East London NHS Foundation Trust)

Jess Griffiths (Eating Disorders Practitioner and Clinical Lead, Beat)

Dr Menna Jones (Consultant Clinical Psychologist and Clinical Lead, Cardiff and Vale NHS Trust)

Dr Rhys Jones (Consultant Psychiatrist, Leeds and York Partnership)

Dr Dasha Nicholls (Consultant Child and Adolescent Psychiatrist and Clinical Lead, Central and North West London NHS Trust and East London NHS Trust)

Becca Randell (Kent, Surrey and Sussex Implementation Lead, Children's Mental Health - KSS Academic Health Science Network)

Dr Paul Robinson (Consultant Psychiatrist; Principal Teaching Fellow, University College London)

Professor Janet Treasure (Consultant Psychiatrist, South London and Maudsley Trust)

All services are delivered either by experienced eating disorder clinicians or by specially trained helpline advisors under the supervision of a clinician. Where suitable, they are co-delivered by Beat lived experience trainers and volunteers.

February 2021

1. Christopher G. Fairburn. Overcoming Binge Eating, University of Oxford. 2013
2. NICE. Eating disorders: recognition and treatment [Internet]. NICE Guidelines. 2017. p. 41. Available from: <https://www.nice.org.uk/guidance/ng69>
3. NICE. Eating disorders: Quality standard. [QS175]. NICE Guidelines. 2018.
4. Striegel-Moore RH, Wilson GT, DeBar L, Perrin N, Lynch F, Rosselli F, et al. Cognitive behavioral guided self-help for the treatment of recurrent binge eating. J Consult Clin Psychol. 2010;78(3):312.