



“Are you struggling with excess weight or binge eating?”

**HAPIFED
THERAPY**
may assist!

EATING DISORDERS

Previous research has shown that at least 40% of individuals with the eating disorders of binge eating disorder or bulimia nervosa carry excess weight.

However, most psychological treatments for eating disorders, such as Cognitive Behavioural Therapy (CBT), do not address weight loss as part of the treatment. In addition, most weight loss therapies do not provide psychological treatment for eating disorders.



HAPIFED THERAPY

HAPIFED, which stands for a **Healthy Approach to weight management and Food in Eating Disorders**, is a novel therapy which aims to bridge these gaps in currently available treatments by including both behavioural weight loss therapy to address the excess weight and a psychological component called ‘enhanced cognitive behavioural therapy’ to treat the eating disorder.

HAPIFED therapy will be conducted in groups of up to 12 individuals. The therapy sessions will be conducted on a weekly basis over a ten week period and in the near future a 30-week course will be available as well. Each session will last for approximately 90 minutes.

For bookings and more information please contact
Ginette - When Weight Matters

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ABOUT THE THERAPIST

Ginette Lenham is an experienced counsellor with a Bachelor of Applied Social Science and Graduate Dip in Counselling, Psychotherapy and Coaching, and is a member of the Australian Counselling Association.

She works as a therapist and as a facilitator and co-facilitator for groups on self-esteem, behavioural change, mood disorders, drug and alcohol rehabilitation and weight loss. She also works with individual clients, counselling them in areas such as grief, trauma, relationship and family conflicts, body image issues, depression, anxiety, and other existential life concerns. Sometimes these concerns might co-exist with weight problems.

Ginette teaches weight management classes at the University of Sydney Centre for Continuing Education, and teaches counselling and communication skills for Laureate University and Think Education.

Ginette has extensive experience in the health and fitness industry in supporting, mentoring and coaching people through their weight management journeys. She specialises in teaching people how to lose excess weight through the enjoyment of eating, rather than through conventional methods of dieting which often involve unhealthy or unsustainable eating practices.