



# Eating Disorder Treatment & Management Plan

## Session Planner

Name/ID:

Start date of EDP:

End date of EDP (12 months):

Managing practitioner:

### Psychological Sessions

| Session | Date | Time | Additional information |
|---------|------|------|------------------------|
| 1       |      |      |                        |
| 2       |      |      |                        |
| 3       |      |      |                        |
| 4       |      |      |                        |
| 5       |      |      |                        |
| 6       |      |      |                        |
| 7       |      |      |                        |
| 8       |      |      |                        |
| 9       |      |      |                        |
| 10      |      |      |                        |

# Psychological Sessions

| Session | Date | Time | Additional information   |
|---------|------|------|--|
| Review  |      |      | <i>Review with managing practitioner</i>   |
| 11      |      |      |  |
| 12      |      |      |  |
| 13      |      |      |  |
| 14      |      |      |  |
| 15      |      |      |  |
| 16      |      |      |  |
| 17      |      |      |  |
| 18      |      |      |  |
| 19      |      |      |  |
| 20      |      |      |  |
| Review  |      |      | <i>Review with managing practitioner</i>   |
| Review  |      |      | <i>Specialist review by a psychiatrist or paediatrician.<br/>NOTE: the psychiatric/paediatric review can occur at any point prior to the 20th psychological session.</i> |
| 21      |      |      |  |
| 22      |      |      |  |
| 23      |      |      |  |
| 24      |      |      |  |
| 25      |      |      |  |
| 26      |      |      |  |
| 27      |      |      |  |
| 28      |      |      |  |
| 29      |      |      |  |
| 30      |      |      |  |

## Psychological Sessions

| Session | Date | Time | Additional information   |
|---------|------|------|--|
| Review  |      |      | <i>Review with managing practitioner</i>   |
| 31      |      |      |  |
| 32      |      |      |  |
| 33      |      |      |  |
| 34      |      |      |  |
| 35      |      |      |  |
| 36      |      |      |  |
| 37      |      |      |  |
| 38      |      |      |  |
| 39      |      |      |  |
| 40      |      |      |  |
| Review  |      |      | <i>EDP ends. If required, develop new EDP with managing practitioner (GP, psychiatrist, or paediatrician), or an alternative Medicare plan which best suits the patient's needs.</i> |