



## Healthy Campus Case Study



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AN tÚDARÁS um ARD-OIDEACHAS

# The Body Project Treatment Programme / Eating Disorder Recovery Group

### Name of institution and initiative lead

University of Galway. Student Counselling Service- two student counsellors experienced in working with eating disorders.

### Date and timeframe

The academic year 2022-2023 and ongoing

### What was the reach?

The initiative pilot reached 15 female students (4 others participated in the early stages of the programme but dropped off within 1 session)

### Aims and Objectives

To provide an evidence-based intervention to support female students, registering with the student counselling service, who present with an eating disorder.

To reduce body dissatisfaction and eating disorder behaviours in this population.

To introduce them to the key components of eating disorder recovery and provide them with tools and various pathways to continue their journey of recovery.

### Aligned frameworks, policies, or strategies

National Student Mental Health and Suicide Prevention Framework

Connecting for life

Healthy Campus Charter and Framework

Student Success Strategy University of Galway

### Project Collaborators

PCHEI (original idea in terms of implementation).

Dr. Eric Stice of Stanford University. We collaborated with him to gain access to the Body Project Treatment manual.

Zoe Davis, Specialist Dietitian within Eating Disorder Mental Health Services in Ireland, and UK.

Overeaters Anonymous (OA), a 12-step recovery support group for eating disorders - guest speaker from to share her eating disorder recovery story with the group and to provide information on how OA works.

In some cases where there was concern of health risk we collaborated with GPs and/or AMH (psychiatry).

### Key Learning Points

One of the most notable benefits that participants consistently named was the peer support. It helped them to break the isolation of the secrecy involved in having an eating disorder.

The addition of a guest speaker OA inspired participants, which fostered greater motivation and hopefulness for their own recovery.

The individual dietitian assessments helped participants to set realistic targets, to make staged changes, when setting goals within the group programme.

A thorough assessment to ascertain student suitability and readiness to participate in the Eating Disorder Recovery Group is vital.

The programme involved several home exercises (written and behavioural), these took up more of the group time. Future revisions may thus include greater space for this via creative interventions e.g. art therapy exercise.

It is important to consider the dates of the programme in terms of the academic semester. The final weeks of group 2 coincided too closely with the end of the academic year which may have contributed to participant drop-out when compared to semester one.

Future revision of the programme will also include collaboration with the Student Health Unit in terms of referrals.

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Commit	Leadership, Strategy & Governance	Mental Health & Wellbeing	Students
Coordinate	Campus Environment (Facilities & Services)	Sexual Health & Wellbeing	Staff
	Campus Culture & Communications	Health & Sustainability	
	Personal & Professional Development		



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