

Commencing Therapy

Following allocation to a therapist, you will be offered a commencement of therapy appointment in which you and your therapist will explore what treatment will look like. All treatments are evidenced based and link to best practice guidelines. Frequency of wellness clinic appointments will also be discussed in this appointment and continually reviewed throughout therapy.

Further information about the therapy you will be engaging in and about the Eating Disorder Team can be found on the GOV.gg website or you can scan the QR code.

Contact Us

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The Eating Disorder Team



 States of Guernsey
Specialist Mental
Health Services

What to Expect from Engaging with the Team

Following your referral and acceptance into Secondary Mental Health, you will have been offered an initial assessment which will be carried out by the Eating Disorder Team.

By now you will have received your appointment for an initial assessment and possibly an appointment for the Wellness Clinic.

In your assessment appointment you will usually be seen by one of the doctors (a Psychiatrist) and a therapist from the Psychological Therapies Team (PTT) at the Oberlands Centre. The assessment will take approximately 90 minutes in which the therapist and doctor will work with you to establish how we may best be able to help you. This will involve exploring your current difficulties, the development of your eating problem and willingness to engage, motivation to change and development of a potential treatment plan.

Wellness Clinic Appointment

Once the assessment has been completed you may be invited to attend a physical health screening in the Wellness clinic, carried out by a registered nurse. In this appointment, your weight, height and blood pressure will be recorded as well as conducting a blood test and ECG. Please refer to the Wellness Clinic leaflet for more details and information about this appointment and how you can prepare for it.

Following your Assessment

After assessment, the assessing clinicians will feedback to the Eating Disorder Team and discuss what would be the most appropriate treatment plan moving forward. You can expect to receive an assessment letter within two weeks. The letter will summarise your assessment appointment and provide an initial treatment plan which will include how we understand you and your current needs and whether continued physical health observations are required.

Again, please refer to the Wellness Clinic leaflet for information regarding these appointments.

Based on the outcome of the assessment, you may then be added to the PTT waiting list for allocation to the first available therapist. The letter will be sent to you and copied to your referrer and GP.