

## **Stockholm Center for Eating Disorders (SCED)**

is the largest specialist service for patients with eating disorders in Sweden. SCED accepts patients of all ages being referred or applying themselves. A focus on both body and mind is central to our treatment concept. After a thorough medical and psychiatric evaluation, the patient is offered a treatment adapted to her/his personal needs. Initially, we put a lot of effort into bringing starvation/binge eating and compensatory behaviors under control. After that the treatment usually focuses more on psychological factors maintaining the eating disorder. Co-operation with the patient's family and social network is an important part of the treatment.

### **GOALS**

- To stop starvation/binge eating, vomiting
- To start eating normal meals
- To stop the eating disorder symptoms – weight phobia/preoccupation – and find alternative ways to deal with anxiety, depression and obsession
- To improve self esteem and self knowledge, to learn setting personal borders
- To understand and handle interactions with and relations to other people

### **TREATMENT**

All our treatment facilities are gathered at Wollmar Yxkullsgatan 27 in Stockholm, including:

- **MOBILE UNIT**  
Makes house calls to patients with serious eating disorders, where a quick assessment and first treatment attempt is needed. Contact with the mobile unit can be upheld for 6-8 weeks or until other adequate treatment is started.
- **OUTPATIENT SERVICES**
  - Psychiatric/medical consultations
  - Meal training and support
  - Psychotherapy – individual/family/group
  - Family and social support and networking
  - Nutritional advice
- **IDUN – DAY PATIENT UNIT**  
Offers a 20 week interval program for older adolescents and adults ( $\geq 16$  years), mainly with an anorexic type eating disorder. Treatment in the unit between 9 am and 3 pm for one week, and then a training program at home for two weeks, etc. Content of treatment:
  - Daily individual coaching sessions
  - Daily shared meals
  - Therapy group
  - Music therapy
  - Art therapy
  - Thematic group
  - Body therapy

- **LUNA – DAY PATIENT UNIT**

Offers a 16 week contract treatment for adult patients ( $\geq 18$  years) with bulimic problems. The treatment takes place either in the morning or in the afternoon, and it is group based. Content of treatment:

- Daily shared meals
- Group therapy
- Art therapy
- Body image training
- Thematic groups
- Individual sessions for treatment planning (with contact person)

- **FAMILY APARTMENT TREATMENT**

Inpatient treatment for younger patients ( $\leq 16$  years) takes place in apartments especially accommodated for the purpose. The entire family stays in the apartment for 6-8 weeks. One staff is available in the apartment all day, especially around meals. The family sees a family therapist regularly. The purpose of the treatment is to support the parents in their roles, and to correct and strengthen meal routines to gain control over the patient's starvation. In addition, the patients are offered certain group activities.

- **INPATIENT TREATMENT**

There are eight beds in the ward, primarily for severely ill patients with anorexia nervosa, and two emergency beds for patients from the mobile unit. The purpose of the treatment is to stop starvation, monitor medical complications and reinstate normal eating and meal routines. In addition, an ambition is to support the patient to gain an increased understanding concerning factors maintaining the eating disorder.

If appropriate, the inpatients are also offered group activities like:

- Psychotherapeutic group
- Art therapy
- Music therapy
- Body image training
- Family support

In addition, each patient has her own contact person for individual sessions and treatment planning.

STAFF

**Head of operation:**

Anna-Maria af Sandeberg

**Administrative manager:**

Christel Nordlander Ström

**Research manager:**

Claes Norring

**Child and adolescent care coordinator:**

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**Adult care coordinator:**

Raili Ala

**Head, Child and Adolescent Outpatient Service, Mobile Unit and Family Unit:**

Mikael Fagraeus

**Head, Adult Outpatient Service and *Idun* – Daypatient Unit:**

Ronnie Salo

**Head, *Luna* – Daypatient Unit and Secretary Staff:**

Maria Greén

**Head, Inpatient Ward and Kitchen:**

Margaretha Sandved

**Child and adolescent psychiatrists**

**Psychiatrists**

**Pediatricians**

**Nurses**

**Psychologists**

**Social workers**

**Psychotherapists**

**Occupational therapists**

**Physiotherapists**

**Dieticians**

**Care workers**

**Cooks**

**Medical secretaries**

**Administrative staff**

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