

Bulimia nervosa

Priory Therapy Services

What is bulimia nervosa?

Bulimia Nervosa is an eating disorder characterised by binge-eating, often eating three or four times a normal amount. This is followed by self-induced vomiting or taking laxatives to try and avoid putting on weight. Anyone of any age can suffer from bulimia, but it is most common in young women aged between 15 and 25.

Food is used to control feelings and after bingeing, the individual may feel some short-term emotional relief, but the feelings and distress often return. Bulimia treatment helps to bring longer-lasting relief and a solution to these feelings.



What are the symptoms of bulimia?

The long-term effects of bulimia can be severe, even proving fatal, so it is extremely important to recognise the signs and symptoms. Not everyone will have the same symptoms, but the most common are:

- + Binge-eating followed by making yourself sick or taking laxatives
- + An obsession with food and calories
- + Going to the toilet straight after meals to make yourself sick
- + Experiencing an overwhelming feeling of guilt after binge-eating
- + Depression
- + Using drugs and alcohol to cope

Over time, physical and psychological side effects may develop, including problems with vital internal organs due to lack of essential minerals, stomach ruptures, bowel problems from laxative abuse, tooth enamel wearing away, painful throat, damaged vocal chords and swollen cheeks.





Outpatient therapy packages

Priory also offers an **outpatient package for bulimia nervosa** which is only available at our wellbeing centres. This includes **10 x 1:1 therapy sessions** – the number recommended under national guidelines. There is a fixed price for this package which includes a discount, providing you with certainty of cost for your initial treatment programme.

A further discount is available on additional therapy sessions at the end of your treatment package, should you need them.

All treatment can be accessed promptly via self-pay or private medical insurance (PMI). We work with most of the leading PMI companies – check your policy to see what cover is available to you.

How can Priory help?

Priory works with worldwide leading mental health professionals and our proven record of helping people to get their lives back on track is unrivalled.

Using the latest evidence-based practices, our experts offer bespoke therapies, tailored to your individual needs. We follow recommended national guidelines and include robust regulation both in terms of the specialist team and treatment the delivered.

Priory's outpatient facilities offer a friendly and relaxing setting that is ideal for high quality mental health treatment. Appointment times are flexible and can be offered around work time, which may include evenings and Saturdays.

Our wellbeing centres have strong links to their local Priory hospitals allowing for a wider support network and movement into inpatient or day care if required.

Pricing

At your first appointment, our experts will listen very carefully to your needs. A plan that you are happy and comfortable with, will then be formed. This will be reviewed regularly to ensure that progress is being made and can be amended as necessary.

We deliver innovative treatment plans which can be paid for on a session-by-session basis. The prices at our wellbeing centres are as follows:

- + 1:1 therapy starts from £107 per session
- + Consultant psychiatrist assessments start from £300
- + Consultant psychiatrist follow-ups start from £150
- + Group therapy starts from £64 per session

86%

of patients undergoing therapy saw a reduction in their levels of anxiety

85%

of patients undergoing therapy saw a reduction in their levels of depression

100%

of patients were satisfied with the overall quality of care received

98%

of patients would recommend us to a friend

Get in touch

The treatment offered across our wellbeing centre network varies. To discuss which Priory facility offers this specialism, please contact us today:

Call: 0800 840 3219

Email: info@priorygroup.com

Visit: [priorygroup.com](https://www.priorygroup.com)