Insights in Recovery
Translating Lived Experience of Eating Disorders into Recovery Oriented Practice

Information for Participants

Project Team: Frances Cook (Project Manager), Dr Elektra Walter

Oversight Team: Professor Phillipa Hay (Chair), Lesley Cook, Katrina Davis, Kathy Logie, Dr Sarah Maguire, Associate Professor Paul Rhodes, Dr Elysa Roberts, Dr Lauren Waters

Institution where project is based: The Butterfly Foundation

Funding source: The NSW Mental Health Commission & The Ian Potter Foundation

Date of project commencement: 16th March 2015

Description of Project: The Insights in Recovery project is a consumer participatory project translating knowledge from lived experience into a framework of recovery oriented practice to support people with eating disorders. The project will contribute to an understanding of what practices, policies & service models, resonate & connect with people with an eating disorder and lead to active engagement & motivation for treatment & self sustained recovery. The project will examine eating disorder specific aspects of recovery oriented practice relevant to the full range of eating disorders including anorexia nervosa, bulimia nervosa, binge eating disorder & other specified feeding and eating disorders (OSFED) as well as exploring the differences in need between people with shorter & longer term experiences of eating disorders. Outcomes of the project will include guidelines on recovery oriented practice for professionals working with people with eating disorders suitable for use in policy and professional development.

Participants: Individuals who consider themselves recovered or in recovery from an eating disorder aged 18 years or over in NSW or Victoria

Location of Project: The surveys will be conducted online and the focus groups will be conducted in Sydney (4:30-7:30pm Wed 20th Jan), Newcastle (4:30-7:30pm Wed 24th Feb), Melbourne (2:00-5:00pm Sat 16th Jan), Bendigo (2:00-5:00pm Sun 17th Jan) & Albury/Wodonga (4:30-7:30pm Tues 19th Jan).

The Butterfly Foundation is Australia’s largest charitable organisation working to support sufferers of eating disorders & negative body image.

Butterfly Support Line
Monday to Friday, 9am-5pm T: 1800 33 4673
support@thebutterflyfoundation.org.au
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What is involved in participation:
Participants are invited to contribute to any or all of the following research methods...

**Survey** – The Insights in Recovery Survey is an anonymous online survey offering individuals aged 18 years or over, who consider themselves recovered or in recovery from an eating disorder, an opportunity to actively participate in framing standards for good practice. This is an in depth survey which will take at least a full hour, and possibly more, of your time to answer a series of open ended questions describing your experiences along the road to recovery and commenting on which aspects of your recovery journey were most helpful. If you find you need some support before, during or after accessing the survey please call the Butterfly Support Line, Monday to Friday, 9am-5pm, 1800 33 4673.

**Focus Groups** – The Insights in Recovery Focus Groups will be conducted at three different locations in NSW and three different locations in Victoria (see Location of Project for details). Each group will explore the particular recovery issues for people with eating disorders. Each focus group will be run as a single, independent session designed to gather information to inform the consensus building process described below. The group will provide an opportunity for participants to share experiences, give and receive support and encouragement, and learn from other members what has been helpful for them on their recovery journey. All focus group participants should have an ongoing relationship with a treatment or support provider.

**Consensus Building** – Once the data from the survey and focus groups has been collated all participants of the study will be invited to contribute as ‘experts by experience’ to a consensus building process designed to reach a consensus amongst the group about their lived experiences of recovery from an eating disorder. This process will involve several rounds of anonymous questionnaires which will be administered sequentially online until the group reaches agreement.

**Contact:** Email Elektra Walter at elektra.walter@thebutterflyfoundation.org.au

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