Organisation

STEPS Eating Disorders Service – Bristol

The STEPs service was set up in 1999 in response to a growing need for specialised NHS treatment for people with difficulties around eating. We are currently based at the STEPs Unit at Southmead Hospital in North Bristol, and see people living in the Bristol area, South Gloucestershire, North Somerset and North-East Somerset. We work with people between the ages of 18 and 65, who are struggling with Anorexia Nervosa, Bulimia Nervosa or an ‘Eating Disorder not otherwise specified’ (EDNOS). (Please note that we are not currently able to see people with a diagnosis of Binge Eating Disorder). We are a dedicated team with an established reputation for working in a sensitive and individual way with each person we see.

The Steps Philosophy

At STEPs we follow a specific approach to working with each person we see. This is based around the ‘Transtheoretical Model of Change’ (Prochaska and DiClemente, 1982). Within this, change is seen as a process associated with a number of distinct stages.

Within this the individual’s stage of motivation is key to effective and lasting change. Therefore any form of treatment needs to be matched appropriately to each person with regard to the work they want to do. As a result we aim to offer a therapeutic intervention for each motivational stage. This is either done individually, via a group or working alongside a secondary team worker supporting someone in the community. Consideration is given at all times to issues around medical safety and monitoring. We liaise closely with your GP and with other Health Professionals working with you.

Treatments Available

- Cognitive Behavioural Therapy (CBT –E)
- Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA)
- Specialist and Supportive Clinical Management (SSCM)
- Compassion Focused Therapy (SFT)
- Dramatherapy
- Occupational Therapy
- Physiotherapy
- Dietetics
- Psychoeducation
- Motivational Enhancement
- Inpatient treatment – 10 beds
- Medical stabilisation
- Consultation and Liaison
How to Access Steps

If you feel that some work with STEPs could be of help to you, you will need to visit your GP who will refer you to your local Primary Care Liaison Team. They will make contact with you to arrange an initial assessment. After this they will refer onto STEPs. You will be sent an opt in letter inviting you to call and book an appointment. This appointment will take around an hour, and is an opportunity for you to talk in a safe and understanding environment about how things are feeling for you at the moment and what, if anything, you would like to be different. You are welcome to bring a friend or family member along to support you. Having an assessment with us does not mean you are obliged to undertake treatment. Many people find that simply being able to think about their current circumstances and what the various options open to them are to be of help.

Contact details

Website: http://www.awp.nhs.uk/services/specialist/steps/
Address: Steps Eating Disorder Service,
          Clifton Buildings,
          Southmead Hospital,
          Bristol BS10 5NB
Telephone: 0117 4146645
Fax: 
Email: awp.STEPS@nhs.net
Helpline number: 
Helpline information: 
Textphone: 

Service details

Alternative names: 
Areas Served: 
Does this service cost? no
Cost information: 
Concessions information: 
How can people access? Professional Referral