



mx

Picture: CHRIS PAVLICH



OOH LA LA!
 French movie star Louise Bourgoin is in Sydney for the Alliance Francaise French Film Festival, which gets under way at the Palace Verona tonight, celebrating its 25th anniversary. Bourgoin stars in *Going Away (Un beau dimanche)*. The festival runs until March 23 at Palace Verona, Palace Norton St, Cremorne Orpheum and Chauvel Cinema.
affrenchfilmfestival.org

Full treatment

Lachlan Hastings

Aussie clinic offers new hope on eating disorders

Researchers treating eating-disorder sufferers at an Aussie clinic say their pioneering approach offers fresh hope to those battling conditions such as anorexia nervosa and bulimia.

Mandometer Clinic founders Cecilia Burgh and Per Sodersten consider their patients' psychological problems to be a result rather than a cause of eating disorders, and focus their attention on first teaching them how to eat normally again.

A team of international scientists headed by the duo is now applying their method and claims a 75 per cent success rate with a treatment program involving 1428 people at six clinics, including one at Brighton in Melbourne.

The findings, which the researchers compare with other programs that achieve a success rate of less than 50 per

cent, have been published in peer-reviewed journal *Behavioural Neuroscience*.

Sodersten, a professor at Karolinska Institute in Stockholm, said only 10 per cent of patients suffered a relapse in five years of follow-up consultations.

He told *mX* that relapse had traditionally been a major problem with eating-disorder treatments.

"We teach patients how to resume normal eating behaviour and how to restore their feelings of fullness," he said.

"This in turn normalises the biology of the patient so the idea is that she or he will get in touch with their normal biological signals for hunger."

The system also uses heat therapy, exercise and computerised meal moni-

toring in a process aimed at restoring normal social habits and weaning patients off psychoactive drugs.

Former patient Ramone, 31, of Melbourne, said she had struggled with eating disorder since she was a teenager but now felt "fantastic" after undergoing a year of therapy that unravelled "all sorts of self-destructive behaviours".

"Relearning all of that through the (Mandometer) program was needless to say very, very difficult but very beneficial," she said.

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