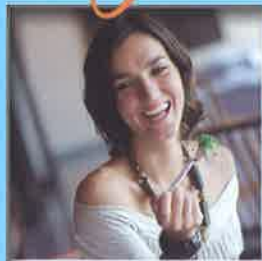


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Center for
Disorders Care
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Center for Eating Disorders Care
es effective, compassionate
ent for adults of all genders who
fering from anorexia, bulimia, and
ating disorders. We offer a warm,
ning environment in an award-
g medical center. Our patients
y benefit from treatment for the
l, psychosocial, and nutritional
s of their eating disorder, but
so have immediate access to full-
care for any other medical needs.

I have moved miles
while being a part of this program, and
I feel like a new person, rejuvenated
and focused. All of the elements work
together, in a perfect balance, to push me
toward hope and health, at the perfect,
comfortable pace. I am beyond thankful.”
– Patient Comment



Center for
Eating Disorders Care
University Medical Center of Princeton
at Plainsboro

Center for Eating Disorders Care
University Medical Center of Princeton
1 Plainsboro Road
Plainsboro, NJ 08536

877.932.8935
Admissions: 609.853.7575
princetonhcs.org/eatingdisorders

We welcome self-referrals or referrals from
treatment providers, and all inquiries are
confidential. We accept most insurance plans.

stepping back into *Life*



Center for
Eating Disorders Care
University Medical Center of Princeton
at Plainsboro

Redefining Care

Lasting

g treatment
e distinct
individual
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s designed
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g change.



e the foundation for a full recovery by
g psychosocial treatment, nutritional support,
est advances in medical care – together with
here of understanding, safety, respect, and
roughout the recovery process.

n, Welcoming Place

n 1996 and now part of a newly designed.
enter just minutes from historic Princeton,
is located in a secure, private unit on the
of the David & Patricia Atkinson Pavilion.
contemplative, scenic setting where patients
ife and comfortable as they recover. Most
ht and spacious patient rooms are private,
semi-private options available.



Comprehensive Care

Because each patient is unique, care begins with the development of an individualized treatment plan. From there, a well-structured, daily inpatient program (24-hour care) or partial hospital program (two to five days per week) reinforces treatment goals while taking into account each patient's age and developmental level.

Our approach includes:

- Medical management
- Individual psychotherapy
- Group psychotherapy
- Family therapy
- Nutrition counseling
- Individual tutoring
- Mindfulness and relaxation training
- Art and other expressive therapies
- Skills-based groups, such as mindfulness and emotion regulation

In addition, from the time our patients are admitted, we focus on preparing them for a smooth transition home following discharge.

Working as a Team

Each member of our skilled treatment team plays an important role in the recovery process.

Our team includes:

- Board certified psychiatrists
- Registered nurses, nursing assistants, and mental health associates
- Licensed psychotherapists, including psychologists, social workers, and professional counselors
- Registered dietitians and nutrition associates
- Consulting physicians who are board certified in their specialty areas
- Chaplains who provide non-denominational spiritual support
- Admissions and utilization review professionals



Each patient's family is another integral part of the team, and we actively help them support their loved one's recovery. We also consider our referral sources as partners in patient care. Continuity of treatment is essential to the recovery process, and coordinating with our referral sources is a valued part of the treatment plan for each patient in our program.

To learn more or to schedule an appointment, please call our admissions team at 609.853.7575 or toll-free at 877.932.8935. We welcome self-referrals or referrals from treatment providers, and all inquiries are confidential. We accept most insurance plans.

