

# Our Treatment Approach

OUR EXPERT INTERDISCIPLINARY TEAM PROVIDES RESIDENTIAL EATING DISORDER TREATMENT FOR GIRLS AND WOMEN AGES 11 TO 20. WE OFFER A MULTI-FACETED TREATMENT APPROACH, INCLUDING MEDICAL AND PSYCHIATRIC CARE, NUTRITION REHABILITATION, AND PSYCHOTHERAPY, WITH AN EMPHASIS ON FAMILY INVOLVEMENT.

Our integrative and comprehensive treatment model includes:

## Medical Management Program

The medical program is designed to obtain medical and psychiatric stabilization in tandem with the nutrition rehabilitation program. Medical and psychiatric health are intimately intertwined with a patient's nutrition status. The medical team has members on site 24-hours per day to observe and support each patient.

- History and physical exam
- Medical management of the nutritional rehabilitation process
- Comprehensive psychiatric evaluation
- Psychotropic medication management as clinically indicated, targeting the eating disorder and co-occurring psychiatric disorders
- Weekly Individual visits with psychiatrist
- 24-hour nursing care and 24-hour psychiatrist on call
- Daily medical monitoring by nurses and medical team to address medical complications related to the eating disorder and to monitor and address side effects
- Normalization of general medical status
- Weekly nursing education group to address general health care
- Family conversations with the psychiatrist as needed
- Collaboration with outpatient psychiatrist and medical providers
- Treatment of comorbid psychiatric conditions

## Nutrition Therapy Program

The nutrition program is designed using the concepts of Exposure Response Prevention Therapy. This approach is applied to address the significant and common food anxiety that patients with eating disorders experience. The program guides the patient to address their fears in a progressive and manageable manner while building their confidence that recovery is possible.

- Registered dietitian assigned for individualized care
- Comprehensive nutrition evaluation
- Individual nutrition counseling one to two times weekly
- Individualized meal plans prescribed by a registered dietitian
- Weekly nutrition education group
- Professional chef-prepared meals
- Staff-supported meals and snacks
- Food exposure challenges
- Meal plan development
- Meal portioning practice
- Exposure to restaurant outings and order-in meals
- Culinary skills training with meal planning, food preparation, and cooking

# Psychotherapy

The psychotherapy program is designed around healthy relationships. The assigned therapist will begin the patient's treatment program by first gaining a full understanding of their family as well as developmental, social, psychological, and emotional histories. The therapist strives to understand the patient's complexities and determine the core issues facilitating the eating disorder. Through the skillful application of the psychotherapy resources and pro-recovery relationship skills, the therapist will guide the patient to consider that recovery is possible.

The integrative and comprehensive psychotherapy program includes:

- Individual psychotherapy two times weekly
- Family therapy one time weekly
- Group psychotherapy five to six times weekly
- Art therapy group one to two times weekly
- Anxiety and depression reduction education and skills-based groups
- Behaviorally progressive program that provides a structured path to support the patient in gaining increasing degrees of independence and responsibility of recovery

The specialized treatment applied by the therapy team to interrupt unhealthy eating behaviors and improve coping skills is trauma-informed therapy that includes:

- Family Systems Therapy
- Psychodynamic Therapy
- Cognitive Behavioral Therapy
- Experiential Therapy
- Exposure Response Prevention Therapy
- Communication Therapy
- Dialectical Behavioral Therapy

## Family Therapy Program

Each family is a central feature of successful treatment. From the time of admission, family members receive:

- A personal program orientation, including an introduction to the team members and a tour of the facility
- Individualized family therapy, including specialized eating disorder education to improve supportive family communication and relationships
- Skills training for family members, including the areas of communication, emotion management, and positive coaching of the patient as they begin the recovery process

THE INFLUENCE OF AN EATING DISORDER CREATES SIGNIFICANT STRESS IN THE FAMILY. UNDERSTANDING HOW TO WORK TOWARD THE PROCESS OF HEALING WILL IMPROVE MANY OF THE AREAS OF CONCERN AND CREATE A NON-JUDGMENTAL ENVIRONMENT.



## School Program

Patients in middle school or high school receive individualized academic programming two hours per day, Monday through Friday, with a certified teacher. Our goal is to assist each patient in catching up or staying up-to-date with her school's course curriculum for her grade level.

Additional therapeutic activities range from a greenhouse gardening group and daily mindful walks.

If you or a loved one suffer from an eating disorder, we can help. Please contact us today.

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