



# AED JOIN US!

ACADEMY FOR EATING DISORDERS

## Calling All Professionals & Students Working in the Field of Eating Disorders!

**The Academy for Eating Disorders is a global professional association committed to leadership in eating disorders research, education, treatment, and prevention.**

- AED:**
- 1.** Generates knowledge and integrates collective expertise
  - 2.** Provides platforms for the promotion of understanding, sharing of knowledge, and research-practice integration
  - 3.** Builds capacity in the next generation of eating disorder professionals
  - 4.** Fosters innovation and best practice by recognizing excellence in the field

With members in 48 countries and on 6 continents, AED is the professional community for those seeking to define and disseminate insight and information on evidence-based best practices in the treatment of eating disorders.

- **AED's Annual International Conference of Eating Disorders** is the preeminent scientific conference for scholars and researchers that spans research and education from basic science to cutting edge theory and practice.
- **AED provides discounted membership** and participation rates to students.
- **AED maintains almost 30 special interest groups** to help members with common interests interact.

- **The Student SIG** helps student members of the Academy to interact with one another, collaborate, and offer guidance in various areas.
- **The Universities Special Interest Group (USIG)** works to discover and develop expertise for university health professionals to help them support the recovery of students with eating disorders who are attending colleges and universities.
- **The New Investigators SIG** provides guidance and mentoring for undergraduate and graduate students, postdoctoral fellows, junior faculty members and clinicians who are new to the research community
- **AND MUCH, MUCH, MORE!**

**Interested in learning more?** Visit our website at [www.aedweb.org](http://www.aedweb.org)

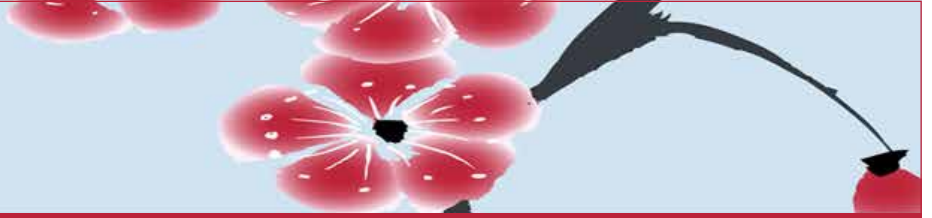
**Call or email us** and let us explore how we can be helpful at: **1+703-234-4079** | EMAIL: [info@aedweb.org](mailto:info@aedweb.org)

Academy for Eating Disorders | 12100 Sunset Hills Road | Suite 130 | Reston, VA 20190 USA | Fax: 1+703-435-4390

# Introduction

## HynesRecoveryServices

let the healing begin



396 Washington Street, Ste. 392, Wellesley, MA 02481 • [info@hynesrecovery.com](mailto:info@hynesrecovery.com) • [www.hynesrecovery.com](http://www.hynesrecovery.com)

### About Hynes Recovery Services:

**Hynes Recovery Services is dedicated to supporting college students seeking treatment for their eating disorder.**

### Support Services:

**Helpline:** Our primary mission is to support any New England college student (and/or family member) who is seeking guidance with identifying appropriate resources for an individual's mental health issues. We are also available to assist university-based health care practitioners, who may be seeking additional providers for a student's outpatient treatment team.

### Northeast Treatment Directory:

This guide includes provider bios (along with their private practice information), eating disorder group practices and support group options in MA, as well as listings of treatment facilities nationwide for college students in need of treatment. Our directory also includes addiction resources, due to the fact that a significant number of college students with eating disorders also struggle with substance abuse issues.

### Awareness Events/Trainings:

HRS is committed to offering annual awareness events that provide information and support to students and their families, as well as training opportunities for health care practitioners (including a bi-annual Eating Disorder Symposium).

### Event Calendar:

HRS maintains a comprehensive list of awareness events, trainings, and webinars throughout the country on eating disorders and other related topics of interest to students, their families, and treatment providers.

### Treatment Affiliate Program:

HRS is honored to be collaborating with some of the top eating disorder programs in the country. On the following two pages, you will find a list of all HRS Treatment Affiliates. Please click on their logos to learn more about the comprehensive services available at each facility.

### The Northeast Treatment Directory:

One of our most important roles at Hynes Recovery Services is to ensure that we are providing college students with the most useful information about treatment options throughout the country – based on the information shared with us during their initial assessment. With this in mind, our organization has created a very comprehensive treatment guide, which includes eating disorder and other support services specifically geared for college students in any stage of the recovery process.

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# Treatment Affiliates



**Boston Children's Hospital  
Female Athlete Program**



*carolina house*  
A Member of CRC Health Group



*center for hope*  
OF THE SIERRAS



*montecatini*

## Treatment Affiliates



O'Connor Professional Group



The Ranch<sup>SM</sup>



The  
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FIRST IN EATING DISORDERS  
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# Eating Disorders on Campus

## INTRODUCTION

Research has clearly shown that on campuses nationwide, many college students are struggling with body image and eating concerns. Data from the Healthy Minds Study (HMS), conducted at nearly 100 colleges and universities in recent years, has been analyzed to assess the prevalence of disordered eating and body image dissatisfaction among college students across the country. Research by Daniel Eisenberg and Sarah Ketchen Lipson (who run HMS as part of their international adolescent and young adult mental health research-to-practice initiative, the Healthy Minds Network) reveals that preoccupation with body shape/weight and internalization of the “thin” ideal are highly prevalent in the HMS sample. They find that more than 25 percent of students say they “need to be very thin, in order to feel good about themselves”; 16 percent of females and 8 percent of males report that food “dominates” their lives; and more than one-third of students who screen positive for an eating disorder also screen positive for depression and/or anxiety. Finally, though nearly 60 percent of students with positive eating disorder screens perceive a need for help, about two-thirds have not received professional mental health treatment.

It is crucial that the university community come together to not only identify these students in crisis, but also to work towards creating a support system which will provide a clear plan for how these cases can best be handled. The following pages will provide a brief introduction to this issue, so that health care practitioners can begin to better understand how this potentially life-threatening illness is impacting students in their care.

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# Eating Disorders on Campus

## Eating Disorders within the University Community

College is meant to be a time of growth and change, defined by wonderful new experiences a young student will remember for the rest of their life. Regrettably, too many college men and women today are getting caught up in eating disorders and alcohol abuse that not only threatens the present, but can vastly alter the course of their lives.

Although the average age of eating disorder onset is 14 years old, the next most “at risk” population is college age women. This is partly due to all that college represents and entails: stress, unique challenges, feelings of vulnerability or loneliness, high academic expectations, new environment and social structure, and the greatest change of all, freedom from parents. For most college freshmen, this is the first time they’ve lived away from home. Amidst such pressure, an eating disorder can easily take hold, especially if the young woman is already predisposed by virtue of genetics, perfectionism, high achievement in academics or sports, and/or peer pressure.

If the college environment is highly chaotic or confusing, a student may try to assert a modicum of control in their life by strictly monitoring what they are consuming. Bulimia may begin in a different fashion, since it is usually connected with the need to regulate emotion. Even when change is expected, it can still be highly stressful. Turning to food for comfort is not unusual when an individual is anxious, worried, lonely or depressed. This is especially common in a college setting, since no parent is nearby to question or comment on their compensatory behaviors.

Drinking alcohol to excess is certainly nothing new on college campuses. However, *drunkorexia* is fairly new. This is a condition that is alarmingly common with young women in college today. It refers to individuals who starve themselves throughout the day, then go out later that night and consume alcohol to excess. The term is somewhat

misleading because it implies that the individual most likely suffers from anorexia. On the contrary, a student with *drunkorexia* is far more likely to be bulimic than anorexic; in fact, the alcohol may play a key role in one’s binge/purge cycle.

Regardless of the type or extent of one’s eating disorder, it is crucial that colleges and universities nationwide become more aware of the significant numbers of both men and women who are struggling each and every day with these issues. Without support from the university community, these students will continue to suffer in silence. Fortunately, there are many treatment options available for those who you may suspect are suffering from this potentially life-threatening illness. This treatment guide will provide numerous resources for the students in your care.

### **Kim Dennis, MD, CEDS**

CEO & Medical Director

Timberline Knolls Residential Treatment Center

# Eating Disorders on Campus

## Effective Treatment

Approximately 90 percent of eating disorders develop in individuals between the ages of 12 and 25. The same high-achieving, perfectionistic temperament that predisposes these individuals to developing eating disorders often plays a role in their pursuit of higher education. In many cases, eating disorders develop, intensify or resurface during the college years. Add the stressors associated with heightened academic rigor, new social pressures or anxiety about living away from home for the first time, and many university students find themselves at the campus mental health center seeking treatment for eating and body image issues.

Effective treatment in the university setting will generally encompass four key best practices:

***Engage medical providers in initial assessment and ongoing monitoring.*** A thorough history and physical exam, indicated laboratory tests, and ongoing medical monitoring are essential components of effective eating disorder care in an outpatient setting. Professionals in the health center—including primary care providers, mental health providers, dietitians and nursing staff—should provide a complete evaluation, identify current medications and allergies, and assess the student for signs of medical and psychiatric instability associated with eating disordered behaviors.

- Medical findings may include: Changes in vital signs like bradycardia or orthostasis; changes in weight (such as drastic weight loss or gain); syncope; chest pain; hair loss; lanugo; edema; abdominal pain or GER; blood in vomitus; GI issues (such as constipation or diarrhea); and loss of menstrual cycle. The recognition of malnutrition as a serious health concern is imperative.

- Recommended medical tests include: Height and blind weight; vital signs, including lying and standing heart rate and blood pressure; comprehensive metabolic panel; phosphorus and magnesium (for low weighted individuals); TSH; complete blood count; urinalysis; and ECG.
- Other tests may include: Pregnancy test; DEXA bone scan, and other tests as clinically indicated.

***Leverage evidence-based treatment interventions.*** Students struggling with body image and eating issues on college campuses often begin treatment in short-term counseling sessions. Sometimes, these sessions represent the extent of eating disorder treatment options available in the university setting. To optimize progress in this situation, counselors can leverage several evidence-based treatment approaches, including: CBT (especially in Bulimia Nervosa), DBT (especially when characterological pathology is comorbid), Acceptance and Commitment Therapy (ACT), and other therapeutic modalities, including the possibility of FBT with young college students.

In tandem with therapeutic sessions, patients should work with a nutrition specialist to deliver dietary education and counseling to normalize patterns of eating and beliefs about food. Registered Dietitians with experience treating eating disorders will often deliver their care in alignment with the therapeutic principles above, recognizing the importance of highly coordinated care and consistency in treatment philosophy and messaging across the full multidisciplinary treatment team. (cont. >)



# Eating Disorders on Campus

## Effective Treatment (cont.)

### ***Recommend academic leave and refer to a higher level of care when clinically indicated.***

Acute symptoms and medical complications may necessitate a higher level of specialized eating disorder care to interrupt symptoms, stabilize health, and effectively address the illness. General criteria for recommending a medical leave includes:

- Student is malnourished (below 80% of IBW) and unable to stop weight loss and restore weight with outpatient treatment.
- Student is using daily purging behaviors and unable to stop them with outpatient treatment.
- Medical issues, including significant abnormalities in vital signs, ECG, laboratory tests or symptoms like syncope, altered mental status, etc. that indicate significant medical risk.
- The eating disorder is causing or accompanied by significant mental health issues such as significant depression, anxiety, panic attacks, self-injurious behaviors, suicidal or homicidal thoughts (some of these may constitute psychiatric emergencies).
- Loss of ability of the student to maintain personal safety, perform activities of daily living, social interaction, and academic performance. Absenteeism and a drop in grades should raise the concern that the student is not feeling well physically, mentally, or prioritizes engagement with the eating disorder rather than with school participation.

### ***Mandate eating disorder-specific continuing education for student health center staff and, if possible, for all staff that interacts with students.***

Eating disorders are complex illnesses with biological, psychological and psychosocial underpinnings. Medical, mental health, nursing and nutrition professionals in the university health center should develop and maintain a deep understanding of these illnesses, including warning signs/symptoms, common medical complications, psychiatric co-morbidities and diagnostic criteria for eating disorders. Professionals should also be well versed in the latest evidence-based outpatient treatment modalities to help their students.

### **Ovidio Bermudez, MD, FAAP, FSAHM, FAED, F.IAEDP, CEDS**

Chief Medical Officer and Medical Director of Child and Adolescent Services  
Eating Recovery Center

# Eating Disorders on Campus

## Levels of Care

Eating disorders are complex illnesses that require professional treatment. An outpatient therapist or an eating disorder program can provide a thorough evaluation of the psychological and physical symptoms and make recommendations for the level of care warranted. Below are brief descriptions regarding levels of care:

**Outpatient:** Individual or group work that takes place in an office setting with a licensed professional who delivers therapeutic and/or nutritional counseling.

**Intensive Outpatient Program (IOP):** Intensive Outpatient Programming is designed for individuals who need additional support beyond outpatient treatment. It is often used in combination with outpatient treatment and typically meets 2 to 5 days or evenings per week for 2-3 hours each day. Treatment includes case management, nutrition guidance/counseling, group meal, individual and group therapy.

**Partial Hospitalization Program (PHP):** A Partial Hospitalization Program combines the highly structured environment of a daily hospital program with independent living. Depending on the setting, a PHP might meet 5 to 7 days per week from 5 to 12 hours each day. At the end of the day, individuals return home to practice the skills learned in the program within their home environment. Throughout treatment at this level, individuals receive medical management, psychopharmacology, and nutrition counseling, in addition to both individual and group therapy.

**Residential:** A residential facility is a medically monitored and therapeutic program that provides 24-hour care to individuals as they recover from their eating disorder. An individual in this level of care is medically stable but needs to be treated in an environment that provides structure allowing for physical and psychological healing to begin.

Onsite physician and nursing care, nutrition management and counseling, individual, couples, family and group therapy are typically available as well as case management and coordination with an outpatient team.

**Inpatient/Acute Hospitalization:** This is the most intensive level of care offered to patients. The goal at this level of care is to provide medical stabilization to an individual who has become medically compromised due to his/her eating disorder. At this level, an individual's vital signs will be monitored regularly and nursing staff will be available 24/7 to ensure proper medical care is delivered. Individuals who require this level of care will receive 24-hour supervision throughout the duration of their stay as behaviors are interrupted. Treatment includes medical monitoring and management, nutrition counseling, individual, group and family therapy.

### **Stu Koman, Ph.D.**

President and CEO

Walden Behavioral Care

# Eating Disorders on Campus

## A Healthy Transition Guide for College Students in Treatment

For students returning to campus following an episode of intensive eating disorder treatment, adequate planning is crucial in order to ensure a successful return to the college setting. Generally, eating disorder programs (such as residential and partial hospital programs) are highly structured, and services often include professional nutrition and psychological support, as well as medication management. Therefore, it is essential to have a comprehensive set of outpatient supports identified prior to discharge, so that progress made during treatment is maintained.

Due to the demands of the college setting, students often revert back to maladaptive eating patterns to help manage the stress of re-entry. However, if a full treatment team is in place (therapist, nutritionist, psychiatrist, and primary care physician), and these appointments are consistently kept, students will be much more likely to avoid the recurrence of eating disorder behaviors. Also, on-going weight checks should also be implemented.

When a student enters treatment, there may be elements of the college experience which have exacerbated the eating disorder behaviors, such as feeling overwhelmed by academic demands, social isolation, poor time management, and relationship conflicts. The student should try to identify their unique emotional “triggers” which have prompted eating disorder behaviors in the past. A typical set of triggers could include feeling overwhelmed by the demands of academic work, and the internal pressure one feels to do their work “perfectly”. One approach to these issues would be to plan for a lower or less intense course load, and if possible, to lower one’s own expectation for perfection in their work. Also, many students connect prior academic success to the use of eating disorder behaviors. Though generally, individuals will be able to think and focus better, as well as maintain

a higher level of emotional resilience, if properly nourished.

Another common trigger is social isolation. As one becomes more entrenched in their illness, they are more likely to isolate, resulting in having the space and time to use behaviors without challenge or interruption. Generally, minimizing the time one has available can help to interrupt the behaviors, and to more normalize their college experience. When students do need to work on their own, they can do so in a public place, such as the library.

Perhaps most challenging is the decision as to with whom they will share information about their eating disorder, having been away at treatment. This will vary widely depending on the individual, how large their support network is, how many people already know, and how much they know, and so on. It can be helpful for students to develop a standard response to rely on if questioned, such as “I was away due to personal issues, but I’m happy to be back at school.”

The preparation work outlined above can enhance one’s transition back to school. In the unfortunate event things do not go well, the student can always return to treatment if necessary.

### **Seda Ebrahimi, Ph.D.**

Founder and Executive Director  
Cambridge Eating Disorder Center

# Eating Disorders on Campus

## The Role of Parents

For the adolescent and parents alike, the transition from high school to college brings excitement and anxiety; for those families dealing with eating disorders, the anxiety is multiplied. Initially, decisions around how far away to apply, readiness to live away from home, whether or not to take a full course load, and availability of on-campus mental health resources, must be carefully considered. Once the adolescent or young adult is enrolled in college, additional decisions around whether and when medical leave is necessary may arise.

### Transitioning to Campus

Like parents of all adolescents and young adults, parents of college students with eating disorders wrestle with how best to promote healthy independence. Although these students are legally adults, they most often still depend on parents for financial support as well as emotional guidance. Moreover, the college environment features new responsibilities and risks such as meal planning and underage drinking, which challenge adolescents to set healthy limits. As such, parents continue to play an active role in their college students' eating disorder treatment and recovery process. Maintaining regular contact with the student, and engaging with their new social and advisory network, will be key to identifying the emergence or persistence of eating disorder symptoms. Parents who are concerned that their child may be struggling with disordered eating should express their concerns immediately and directly.

### Treatment on Campus

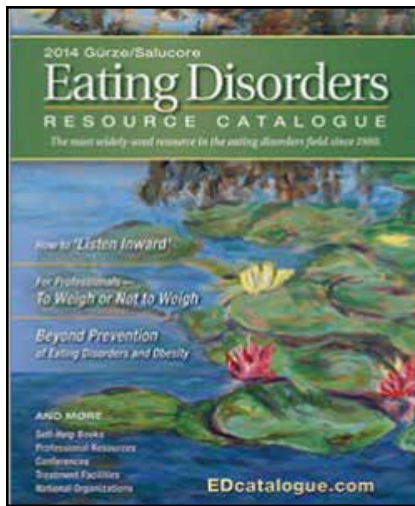
Many colleges and universities have in-house health centers that can deliver comprehensive eating disorder care. In other cases, parents can help students identify resources in the surrounding community. Once a college-based team is established, it is important for students to sign releases so that their home-based treatment team (if any) can communicate with new providers. In addition, it is often helpful for students to sign

releases that permit communication between parents and the on-campus treatment team. Some providers choose to create treatment contracts with students that outline expectations for treatment participation, such as weekly therapy attendance, appropriateness to take part in on-campus sports, and requirements for medical stability. In some cases, students may consider taking a limited course load in order to focus on treatment. Students who are having difficulty participating in treatment or whose psychological or physical status is rapidly deteriorating may benefit from a time-limited medical leave to promote symptomatic improvement and stabilization. The decision for a student to take a medical leave is a difficult one, but university policies and parental intuition may be helpful in guiding decision-making.

### Kamryn Eddy, Ph.D. and Jennifer Thomas, Ph.D.

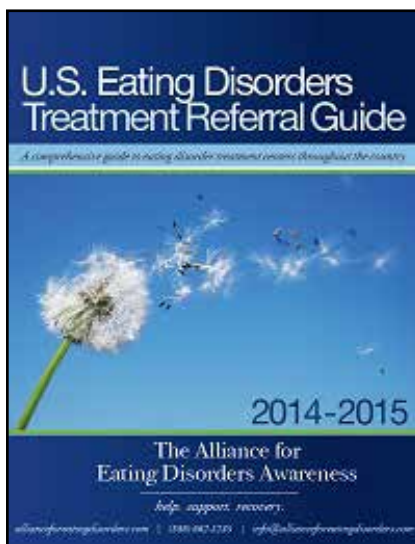
Co-Directors, Eating Disorders Clinical and Research Program, Massachusetts General Hospital

# ED Resource and Treatment Guides



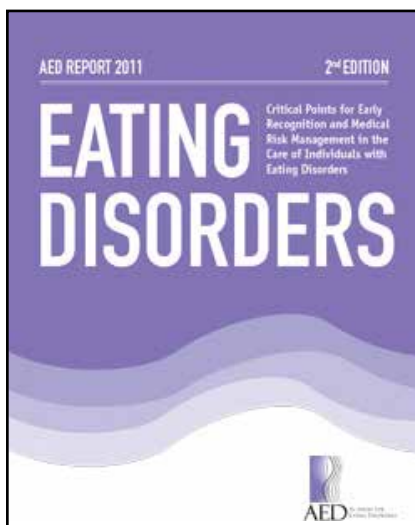
## Eating Disorders Resource Catalogue

This guide offers hundreds of handpicked books and CDs, a treatment directory, professional resources, contact information for local and national ED organizations, and listings of treatment facilities.



## U.S. Eating Disorders Treatment Referral Guide

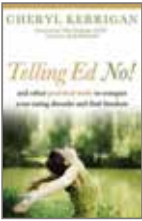


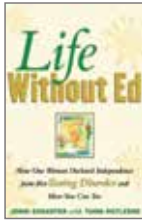
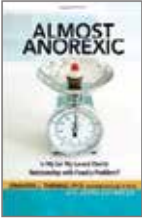
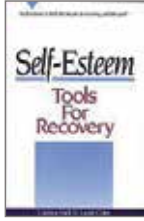


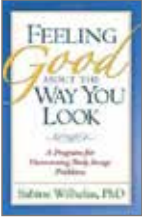

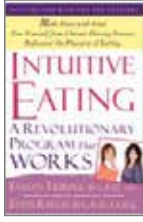

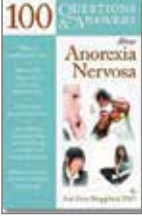
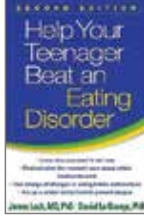
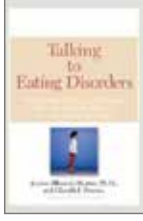
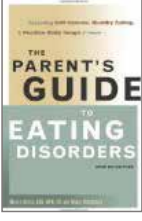

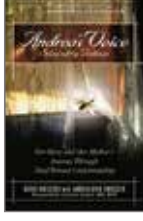
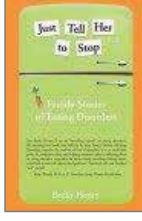
This comprehensive directory, created by The Alliance for Eating Disorders Awareness, provides a list of Inpatient, Residential, Day/Partial Hospitalization, Intensive Outpatient, and Transitional Living treatment programs throughout the country.



## AED's ED Medical Assessment Guide

This is a 10-page booklet written for physicians and other medical care professionals, who in many cases are the first point of contact in the care of individuals with eating disorders. It highlights critical diagnostic and medical management information that is essential knowledge for medical care professionals in a position to provide early detection, medical care, and treatment referral for individuals with eating disorders and their families.

# Recommended Reading

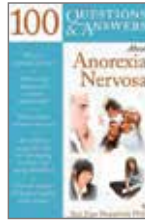
FOR STUDENTS	 <p><i>Telling Ed No! And Other Practical Tools to Conquer Your Eating Disorder and Find Freedom</i> (Cheryl Kerrigan)</p>	 <p><i>Life Inside the "Thin" Cage</i> (Constance Rhodes)</p>	 <p><i>Sensing the Self: Women's Recovery from Bulimia</i> (Sheila Reindl)</p>	 <p><i>Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too</i> (Jenni Schaefer with Thom Rutledge)</p>
	 <p><i>Almost Anorexic: Is My (Or My Loved One's) Relationship with Food a Problem (The Almost Effect)</i> (Jennifer Thomas and Jenni Schaefer)</p>	 <p><i>Self-Esteem: Tools for Recovery</i> (Lindsey Hall and Leigh Cohn)</p>	 <p><i>8 Keys to Recovery from an Eating Disorder: Effective Strategies from Therapeutic Practice and Personal Experience</i> (Carolyn Costin)</p>	 <p><i>Eating in the Light of the Moon: How Women Can Transform Their Relationships with Food through Myths, Metaphors and ...</i> (Anita Johnston)</p>
	 <p><i>Feeling Good about the Way You Look</i> (Sabine Wilhelm)</p>	 <p><i>The Ritteroo Journal for Eating Disorders Recovery</i> (Lindsey Hall)</p>	 <p><i>Intuitive Eating: A Recovery Book for the Chronic Dieter</i> (Elyse Resch &amp; Evelyn Tribole)</p>	 <p><i>The Food &amp; Feelings Workbook</i> (Karen Koenig)</p>
	FOR FAMILIES	 <p><i>100 Questions &amp; Answers About Anorexia Nervosa</i> (Sari Fine Shepphird)</p>	 <p><i>Help Your Teenager Beat an Eating Disorder</i> (James Lock &amp; Daniel LeGrange)</p>	 <p><i>Talking to Eating Disorders: Simple Ways to Support Someone with Anorexia, Bulimia, ...</i> (Jeanne Albronda Heaton &amp; Claudia J. Strauss)</p>
 <p><i>The Parent's Guide to Eating Disorders</i> (Marcia Herrin &amp; Nancy Matsumoto)</p>		 <p><i>Off the C.U.F.F.: A Parents Skills Book for the Management of Disordered Eating</i> (Nancy Zucker)</p>	 <p><i>Andrea's Voice...Silenced by Bulimia</i> (Doris Smeltzer with Andrea Lynn Smeltzer)</p>	 <p><i>Just Tell Her to Stop: Family Stories of Eating Disorders</i> (Becky Henry)</p>

# Recommended Reading

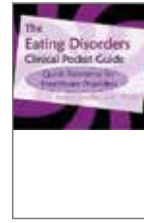
FOR PROFESSIONALS



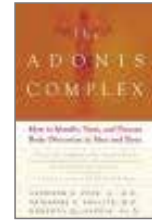
*Prevention of Eating Problems and Eating Disorders* (Michael Levine and Linda Smolak)



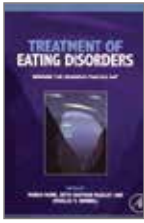
*100 Questions & Answers About Anorexia Nervosa* (Sari Fine Shepphird)



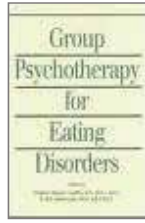
*The Eating Disorders Clinical Pocket Guide: Quick Reference for Healthcare Providers* (Jessica Setnick)



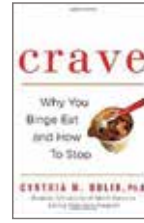
*The Adonis Complex: How to Identify, Treat, and Prevent Body Obsession in Men and Boys* (Harrison Pope, Katharine Phillips & Roberto Olivardia)



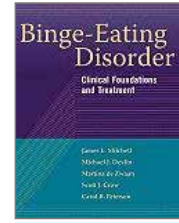
*Treatment of Eating Disorders* (Margo Maine & Beth Hartman McGilley)



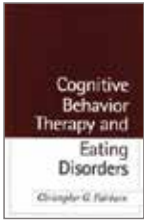
*Group Psychotherapy for Eating Disorders* (Heather Harper-Giuffre)



*Crave: Why You Binge Eat and How to Stop* (Cynthia Bulik)



*Binge-Eating Disorder: Clinical Foundations and Treatment* (James Mitchell & Carol Peterson)



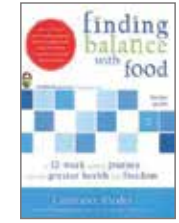
*Cognitive Behavioral Therapy and Eating Disorders* (Christopher Fairburn)



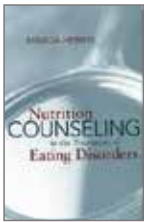
*Dialectical Behavior Therapy in Private Practice* (Thomas Marra)



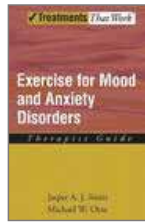
*The Body Project: Facilitator's Guide* (Eric Stice & Katherine Presnell)



*Finding Balance with Food: Leader Guide & CD* (Constance Rhodes)



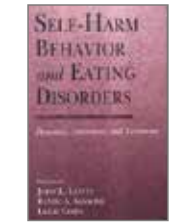
*Nutrition Counseling in the Treatment of Eating Disorders* (Marcia Herrin & Maria Larkin)



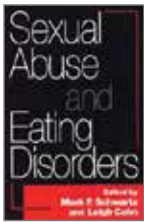
*Exercise for Mood and Anxiety Disorders* (Michael Otto & A.J. Smitts)



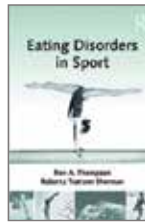
*Cutting: Understanding and Overcoming Self-Mutilation* (Steven Levenkron)



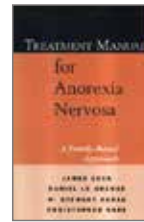
*Self-Harm Behavior and Eating Disorders* (John Levitt and Randy Sansone)



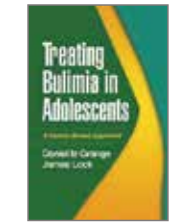
*Sexual Abuse and Eating Disorders* (Mark Schwartz & Leigh Cohn)



*Eating Disorders in Sport* (Ron Thompson & Roberta Sherman)



*Treatment Manual for Anorexia Nervosa: A Family-Based Approach* (James Lock, Daniel LeGrange, W. Stewart Agras & Christopher Dare)



*Treating Bulimia in Adolescents: A Family-Based Approach* (Daniel LeGrange & James Lock)



# emerge

## BEHAVIORAL SCIENCE MEETS DIGITAL MEDIA

Emerge translates evidence-based body image and eating disorder programs via a team of researchers into web and mobile programs and apps aimed at transforming health behaviors.

IT'S TIME TO REFOCUS  
A HEALTHY BODY IS AN IDEAL BODY



Difficulty with body image affects many individuals' health and well-being. Problems with body image have been found to be associated with depressed mood, increased weight gain, poor exercise behaviors, decreased consumption of fruits and vegetables, increased use of steroids, and eating disorders. In contrast to what many fad diets and reality TV shows promote, research has shown that

*hating your body*

is **not** a good motivator for positive health behaviors.

[www.emergebodyimage.com](http://www.emergebodyimage.com)



/bodyimageproject



@bodyimage



emergebodyimage



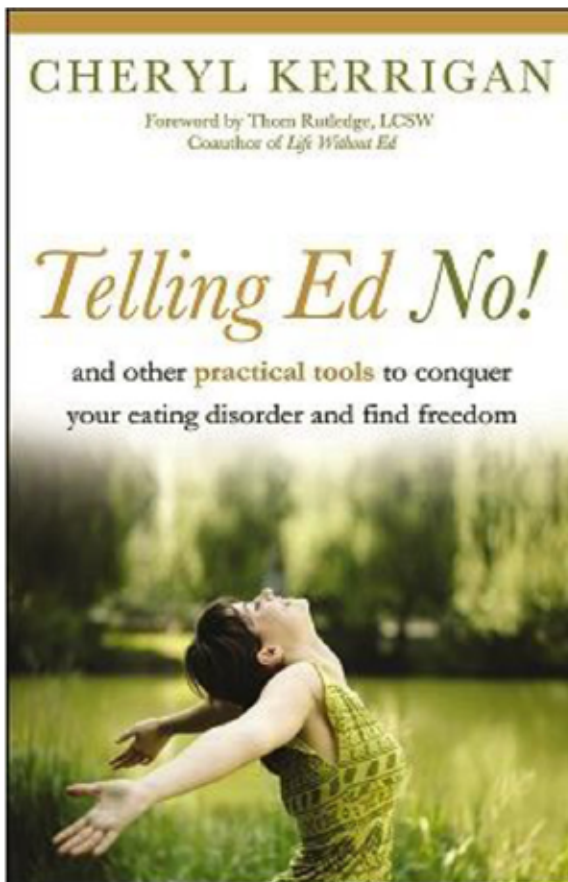
emergebodyimage

Dr. Tiffany Stewart  
Pennington Biomedical  
Research Center  
Tiffany.Stewart@pbrc.edu



## Bringing Recovery To Life

Eating disorder survivor, author and activist, Cheryl Kerrigan, will “Bring Recovery To Life” with compassion, honesty and humor by:



Teaching practical recovery tools that work.

Relating to the students’ struggle and pain by sharing her story and ultimate recovery.

Challenge negative thinking with the true, honest, reality between the eating disorder voice and the recovery voice.

Provide hope and strength for those on or beginning their journey to recovery.

To contact or book Cheryl for a presentation:

[Cheryl@cherylkerrigan.com](mailto:Cheryl@cherylkerrigan.com)  
[www.cherylkerrigan.com](http://www.cherylkerrigan.com)

You Don't  
Hear  
Much Talk  
About  
Eating  
Disorders.



We'd Like to Change That.

### *Educational Outreach*

*Ongoing Presentations  
and Training For  
MH & Medical Professionals*

*School-Based  
ED Prevention Program*

*College Presentations  
For Students & Staff*

*Ignorance. Denial. Shame. Death.* These are words that characterize eating disorders, which is why no one wants to talk about it.

At Walden Center, we believe it's important to start that conversation so there can be change.

Consider these simple, inarguable facts:

- Eating disorders cause lasting health problems and even death.
- Eating disorders affect nearly 1% of the population — and they're becoming more common every year.
- Recovery from the illness is possible, yet a lack of awareness and adequate treatment data are serious obstacles.

We invite you to learn more about eating disorders, perhaps the most neglected life-threatening disease our nation faces today. The more you know, the more you'll realize how the first step toward ending eating disorders is acknowledging their existence.

For more information about our educational and research programs, call Maggie Moran at 781-647-6702 or visit [WaldenCenter.org](http://WaldenCenter.org).

ending the silence about eating disorders

 **walden center**  
*for education and research*



## OVERVIEW

The Body Project is a dissonance-based body-acceptance program designed to help high school girls and college-age women resist cultural pressures to conform to the thin-ideal standard of female beauty and reduce their pursuit of thinness.

The Body Project, which is run in small groups, is supported by more research than any other body image program.

## BACKGROUND

The Body Project Collaborative was formed in 2012 by Dr.'s Eric Stice and Carolyn Becker to create new training opportunities for people interested in facilitating the Body Project.

Dr. Stice created the Body Project and Dr. Becker pioneered the strategy of training collegiate peer-leaders to facilitate Body Project groups in university settings.

Collectively, they have over 27 years of experience in testing and running the Body Project in a multitude of settings and with a variety of group facilitators.

To date, the Body Project has been used by numerous high schools and over 100 college campuses in the US, and has been implemented in over 10 countries (sometimes under the labels Reflections: Body Image Program® and Succeed Body Image Program®).

Research supports the use of the Body Project not only with those who have elevated body dissatisfaction, but also in more diverse groups of adolescent girls and young women that include those with lower levels of body dissatisfaction.

## RESEARCH SUPPORT

Randomized controlled trials conducted by over 10 independent research labs have shown that the Body Project reduces:

- Thin-ideal internalization
- Body dissatisfaction
- Negative mood
- Unhealthy dieting
- Eating disorder symptoms

In addition, there is evidence that the Body Project reduces the risk for future onset of obesity, results in improved psychosocial functioning, and reduces mental health care utilization.

The Body Project also stands as the first body image program to have studies provide support for its theoretical basis.

For instance, research indicates that reductions in internalization of the thin-ideal standard of female beauty mediate the effect of the Body Project on body dissatisfaction and eating disorder symptoms.

Lastly, the Body Project has been found to reduce risk for future onset of eating disorders, which means the Body Project can prevent at least some eating disorders.

VISIT OUR WEBPAGE FOR MORE INFO:

[www.BodyProjectCollaborative.com](http://www.BodyProjectCollaborative.com)

*Eric Stice, Ph.D.*  
*Oregon Research Institute*

*Carolyn Becker, Ph.D.*  
*Trinity University*



*"At Semester Off, we strive to make a student's time away from college as enriching, engaging, and life-changing as possible."*

ILAN P. GOLDBERG, MD  
FOUNDER



40 Washington Street, Suite #30  
Wellesley, MA 02481  
Phone: (781) 318-3223  
Fax: (781) 318-8150  
info@SemesterOff.com

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- Learn valuable academic, social and professional skills
- Reflect on your goals in a supportive and respectful environment
- Explore professional and academic opportunities
- Find a wellness balance
- Map a plan that works for you
- Build lasting relationships

*Semester Off is a nurturing environment designed to support students with or without eating disorders transition back to college.*

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EATING  
*Recovery* CENTER

Foundation

## Eating Disorders Information Gateway

*Online Eating Disorder Research At Your Fingertips*

Expand your knowledge. Visit the Gateway today.  
[www.EatingRecoveryCenter.com/EDIG](http://www.EatingRecoveryCenter.com/EDIG)

A database designed to advance knowledge and awareness of eating disorders, their treatment and relevant research.

### Topics indexed:

- All official eating disorder diagnoses, including anorexia, bulimia, EDNOS and binge eating disorder
- Other disordered eating behaviors and syndromes, including night eating, pica and Prader-Willi Syndrome
- Related areas of study, including body image and body dysmorphia, self-esteem, weight-based bullying and Health at Every Size®

### Types of resources indexed:

- Articles from medical journals
- Articles from organizations and treatment centers
- Books/Monographs
- Informational handouts
- Policy papers
- Creative works
- Documentaries and other educational videos

The Gateway provides a free, publicly-accessible portal to materials that advance public understanding of eating disorders.





## THE HEALTHY MINDS NETWORK

FOR RESEARCH ON ADOLESCENT AND YOUNG ADULT MENTAL HEALTH

### ABOUT HMN



Based at the University of Michigan School of Public Health, the Healthy Minds Network (HMN) is dedicated to improving the mental and emotional wellbeing of young people through innovative, multidisciplinary scholarship. HMN addresses the connection between the mental health of adolescents and young adults and their health behaviors, physical health, and social, educational, and economic outcomes. Taking a public health approach, HMN focuses on three main objectives: (1) producing knowledge (*research*), (2) distributing knowledge (*dissemination*), and (3) using knowledge (*practice*). Through its rich array of research projects, including its national campus mental health surveys, the network serves as a resource for secondary and higher education administrators, researchers, clinicians, policymakers, and the public.

### HMN SURVEYS



*Do you have a comprehensive understanding of your students' habits and attitudes related to eating and body image?*

#### THE HEALTHY BODIES STUDY (HBS)

Annual web-based survey exploring prevalence and correlates of disordered eating, body image, and service utilization. Since its launch in fall 2013, HBS has been fielded at 10 campuses in the U.S./Canada.



*Do you have an accurate picture of student mental health on your campus?*

#### THE HEALTHY MINDS STUDY (HMS)

Annual web-based survey examining mental health and related issues (depression, anxiety, substance use) and service utilization among college students. Since 2007, HMS has been fielded on ~100 campuses in the U.S./Canada, with >100,000 respondents.

HBS and HMS are available for implementation at all types of higher and post-secondary institutions, including international colleges and universities.

#### Uses of HMN Survey Data

- Strengthen grant applications
- Advocate for mental health services and programs on campus
- Evaluate programs
- Assess need for programs and services
- Raise awareness of mental health and campus resources
- Make comparisons with peer institutions

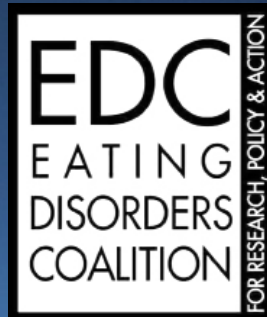
## WHY ADDRESS EATING DISORDERS AT THE FEDERAL LEVEL?

Eating disorders, defined as Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, and Feeding or Eating Disorders Not Elsewhere Classified (FED-NEC) are a growing public health threat facing our nation.

### FACTS:

- An estimated 11 million Americans suffer from eating disorders today
- Eating disorders are associated with psychological problems such as depression, substance abuse and suicide
- Eating disorders are also associated with medical complications such as cardiac arrhythmia, osteoporosis, infertility and death
- Anorexia Nervosa has the highest mortality rate of any mental disorder

However, many insurance companies do not cover appropriate and adequate care for eating disorders which limits access to the treatment necessary for recovery.



To get involved and make your voice heard, learn more about the EDC at  
[www.eatingdisorderscoalition.org](http://www.eatingdisorderscoalition.org)

202-543-9570



# Massachusetts Treatment Directory



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*The content of this guide is for informational purposes only. Hynes Recovery Services does not recommend or endorse any of the treatment resources included in this directory. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment, and we do not warrant or represent in any way the accuracy or medical approval of any of these treatment resources. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a suspected or actual medical condition and its treatment.*

# Parent Support



[www.feast-ed.org](http://www.feast-ed.org)

F.E.A.S.T. is an International non-profit organization of and for caregivers of loved ones suffering from eating disorders. Their mission is to support caregivers by providing information and mutual support, promoting evidence-based treatment, and advocating for research and education to reduce the suffering associated with eating disorders.

F.E.A.S.T. services include: a website of information and resources about eating disorders, the “Around the Dinner Table” Online Caregiver’s Support Forum, the “Let’s Feast” Blog, and a YouTube Channel of free videos including professional presentations from our caregiver conferences and short films designed to help individuals learn caregiving skills. F.E.A.S.T. also publishes a Family Guide Booklet Series, written in collaboration with leading researchers and clinicians in the field.

**Contact Information:**

F.E.A.S.T.

Leah Dean, Executive Director

PO Box 11608

Milwaukee, Wisconsin 53211

**Phone:** (855) 50-FEAST (Toll Free)

**E-mail:** [ldean@feast-ed.org](mailto:ldean@feast-ed.org)

**Website:** [www.feast-ed.org](http://www.feast-ed.org)



<http://www.HopeNetwork.info>

Hope Network parent programs support caregivers in one of life’s most challenging experiences - being a family member of an individual with an eating disorder. Founder Becky Henry is a Certified Professional Life Coach and parent of a child with an eating disorder. Her programs are accessible to parents/caregivers worldwide to bring hope, help and healing to all families in recovery, regardless of type of eating disorder or method of treatment the client is receiving.

Programs are adapted for the needs of the caregivers in each phone class series and each member has access to coaching. Becky’s network of both recovered individuals and professional contacts throughout the world take turns being guests on the calls to answer questions specific to their expertise.

**Contact Information:**

Hope Network, LLC

Becky Henry, CPCC

(Certified Professional Co-Active Coach)

13033 Ridgedale Dr., #102

Minnetonka, MN 55305

**Phone:** (952) 451-5663

**E-mail:** [becky@hopenetwork.info](mailto:becky@hopenetwork.info)

**Website:** <http://www.HopeNetwork.info>

# Parent Support



**National Alliance on Mental Illness**

<http://www.nami.org>

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need.



**NAMI Massachusetts**

The Schrafft Center

529 Main Street, Suite 1M17

Boston, MA 02129

**Phone:** (617) 580-8541

**E-mail:** [info@namimass.org](mailto:info@namimass.org)

**Website:** [www.namimass.org](http://www.namimass.org)

The following organizations offer information, resources and treatment referrals for other mental health concerns:

## **Anxiety and Depression Association of America** ([www.adaa.org](http://www.adaa.org))

The mission of the ADAA is to focus on improving quality of life for children and adults affected with these disorders. ADAA educates patients and their families about the disorders and helps them find treatment, resources, and support. ADAA strives to improve patient care by promoting implementation of empirically supported treatments and best practices across disciplines through continuing education and trainings and accelerating dissemination of research into practice.

## **International OCD Foundation**

([www.ocffoundation.org](http://www.ocffoundation.org))

The primary mission of the foundation is to improve outcomes for individuals with OCD and related disorders by: providing resources and support for those affected by OCD, increasing access to effective treatment (educating mental health professionals about evidence-based treatment, providing a forum for professional collaboration and networking, and supporting research into the causes of and treatments for OCD and related disorders), in addition to promoting awareness about OCD and related disorders to the OCD community and the general public.

## **S.A.F.E. ALTERNATIVES**

**(Self Abuse Finally Ends)**

([www.selfinjury.com](http://www.selfinjury.com))

S.A.F.E. ALTERNATIVES is a nationally recognized treatment approach, professional network, and educational resource base, which is committed to helping individuals achieve an end to self-injurious behavior.

# Provider Directories

**For individuals and/or family members looking to secure a comprehensive outpatient eating disorder treatment team in Cape Cod, the provider directory below can be a useful guide in this process.**

## **South Shore Coalition of Independent Therapists** (<http://www.sscit.org/>)

SSCIT is a well-established, unique community of psychotherapists, psychologists and psychiatric medical providers on the South Shore of Massachusetts. They have been dedicated to offering their members networking opportunities as well as a sense of community. In addition, they have also created an annual directory of members as a reference for the professional community, which allows providers to quickly access each member's updated contact information, office location(s), description of therapeutic interests and styles, as well as medical insurance affiliations.

**And for those providers seeking to complement treatment for a particular client in their care, the two sites below can provide detailed information on health care practitioners with expertise not only in eating disorders, but also depression, anxiety, self-harm, OCD, addiction, and medication management.**

## **MSPP Interface Referral Service**

(<http://msppinterface.org/>)

The MSPP Interface Referral Service (a program of the MA School of Professional Psychology) collects and categorizes a wide range of valuable resources related to mental health and wellness for children, adults and families – as well as educators and mental health professionals. In addition to the resources on this website, there is also a mental health and wellness referral help line Monday through Friday, 9 am-5 pm, at: (617) 332-3666 x1411, or (888) 244-6843 x 1411.

## **Psychology Today**

(<http://www.psychologytoday.com/>)

The Psychology Today website provides detailed listings of psychologists, therapists, counselors, and group therapy options throughout MA. This is a go-to resource for clients and their families, as well as health care practitioners seeking additional providers for a client's outpatient team. Each description includes the following: clinician bio, qualifications, fees for services, accepted insurance plans, clinical specialties, populations served, treatment approaches offered, and updated contact information.

# Individual Provider Directory



**Hynes Recovery Services** is honored to be collaborating with the providers below, all of whom have both a passion for and expertise in treating college students struggling with body image and/or eating concerns. (To learn about each clinician, please click on their name, and you will be directed to their individual provider page). For those seeking guidance with identifying providers in a certain geographical area not represented in this directory, HRS is available to provide assistance in this selection process.

## **Adolescent Psychologist / Consultant / Supervisor**

Rick Wilson, Psy.D.

## **Supervisors for Eating Disorder Clinicians**

Valerie Gurney, Ph.D.

Heidi Schauster, MS, RD, LDN

Betsy Milas Treiber, LICSW

## **Eating Disorder Consultants and Speakers**

Sherrie Delinsky, Ph.D.

Emily Gordon, Psy.D.

Valerie Gurney, Ph.D.

[continued on next page]

# Individual Provider Directory



## Intervention Consults and Clinical Case Management

Dawn Hynes, MSW

### Eating Disorder Practitioners

Melissa Abraham, Ph.D.

Sharon Chirban, Ph.D.

Jennifer Culbert, MS, RD, LDN

Sherrie Delinsky, Ph.D.

Nina Frank, LICSW

Sarah Frenette, MS, LMHC, LCPC

Laura J. Goodman, LMHC

Emily Gordon, Psy.D.

Dana Greene, MS, RD, LDN

Valerie Gurney, Ph.D.

Sarah J. Kelly, LICSW

Beth O'Malley, Psy.D.

Sarah O'Neil, M.D.

Lisa M. Pearl, MS, RD, LDN

Elizabeth Pratt, Ph.D.

Heidi Schauster, MS, RD, LDN

Amy Scobie-Carroll, LICSW

Joanne Soolman, MS, RD, LDN

Betsy Milas Treiber, LICSW

Leigh P. Van Dusen, MS, LDN

Mona Villapiano, Psy.D.

Rick Wilson, Psy.D.

# Adolescent Psychologist / Consultant / Supervisor



## **Rick M. Wilson, Psy.D.**

554 Washington Street

Suite 12

Wellesley, MA 02482

**Email:** [rmwpsych@mac.com](mailto:rmwpsych@mac.com)

**Telephone:** (781) 237-1379

**Fax:** (781) 237-2879

## **Private Practice Information**

**Years in Practice:** 11

**License Number in MA:** 8423

**Session Fees:** \$180 for Initial Consultation; \$150 for 50 minute session

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** BCBS of MA

**Payment Information:** Session fees may be paid by cash, check or credit card.

**Session Availability:** Normal business hours Monday through Friday. During the summer, provider is available Monday through Thursday.

## **Clinical Information**

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Adolescents (High School age) and Adults

**Do you provide Family Therapy services?** Yes; provider also offers couples counseling.

**Treatment Orientation:** Psychodynamic, Relational, Cognitive-Therapy Interventions, Supportive Therapy, Positive Psychology, and Music Therapy.

**Specialty Areas:** Adolescent Treatment, Trauma, Anxiety, Depression, Eating Disorders, Grief and Loss, Spirituality in Treatment and Parenting Issues.

## **Biography**

Dr. Wilson has been working as a therapist for the past 10 years, helping clients with a wide variety of emotional and psychological issues, including eating disorders. He also has great expertise in treating students with both anxiety and depression. In addition, Dr. Wilson works as the consulting psychologist for The Noble and Greenough School, a boarding school located in Dedham, Massachusetts.

Dr. Wilson is a theologically trained clinician and holds a Master's Degree in Theology from Fuller Theological Seminary. This additional training frequently becomes a relevant lens through which to explore healing in people's lives. Many clients bring a religious or faith tradition as an integral part of their story and Dr. Wilson is very comfortable with integrating a healthy spirituality into treatment when a client finds that perspective helpful to their recovery. He has a warm, authentic, and collaborative style, with a knack for appropriately using humor during the course of treatment.

Dr. Wilson has years of experience providing consultation services to families and clinicians involving complex clinical issues, and also offers supervision to both novice and experienced outpatient providers.

# Clinical Supervisors for Eating Disorder Practitioners



## **Valerie Gurney, Ph.D.**

Dr. Gurney has specialized in the treatment of eating disorders for the past 15 years. She served on the faculty at Cornell University's Weill Medical College in New York where she trained primary care providers and social workers how to treat eating disorders using a CBT approach. As Clinical Director of Laurel Hill Inn's Eating Disorder program, she trained and supervised many master's level clinicians. For the past 10 years in private practice, Dr. Gurney has continued to provide consultation and supervision to clinicians in the field of eating disorders.

Meeting times are flexible, and phone consults are available. The fee for supervision is \$100 per hour. If interested in this supervision opportunity, please contact Dr. Gurney at (781) 488-3399.



## **Heidi Schauster, MS, RD, LDN**

Heidi has specialized in the nutrition therapy of disordered eating since 1995. Initially a clinical dietician specialist for Inpatient Psychiatry and the Adolescent Clinic at Children's Hospital Boston, she has maintained a private practice for the past 17 years. Heidi runs supervision groups for dietitians who work with eating disorders, as well as providing individual supervision for dietitians. She values mentoring and supervision as a regular practice for nutritionists, particularly those who work with this population.

Meeting times are flexible. Phone and video consultations are available. The fee for supervision is \$100 per hour. If interested in this supervision opportunity, please contact Heidi at (617) 877-2202.



## **Betsy Milas Treiber, LICSW**

Betsy has been an eating disorder specialist for 25 years and in private practice since 1991, working with both adolescents and adults. She uses an eclectic approach, which combines the best of CBT, DBT, ACT, Mindfulness and Psychodynamic approaches. As a former Clinical Director of MEDA, she has supervised group leaders, clinical staff and Master's level students. She has also supervised clinicians at Laurel Hill Inn, as well as privately through her own practice.

Meeting times are flexible, and by phone is an option. The fee is \$100 per hour, but a sliding fee is available for newer clinicians. If interested in this supervision opportunity, please contact Betsy at (508) 586-2664.



## Eating Disorder Consultants / Trainers



**Sherrie Delinsky, Ph.D.** is a licensed clinical psychologist in private practice in Wellesley, MA and has been in the eating disorder field for 15 years. She is a Lecturer at Harvard Medical School and Assistant Psychologist at McLean Hospital. She received her M.S. and Ph.D. degrees in clinical psychology from Rutgers, The State University of New Jersey, and received her B.A. in psychology from Yale University. Dr. Delinsky completed her predoctoral psychology internship at McLean Hospital before becoming the inaugural recipient of the Klarman Family Foundation postdoctoral fellowship at McLean and Massachusetts General Hospitals. She has provided training and consultation to schools, including high school and college counseling programs, dorm faculty, and has also worked directly with students. Dr. Delinsky's interests pertain to the development and implementation of effective treatments for eating and weight disorders and body image disturbance. She has published over 20 articles and book chapters on these topics and serves as a reviewer for a number of scientific journals. In addition, Dr. Delinsky is also a Book Reviewer for the Academy for Eating Disorders Forum.

**Dr. Delinsky can present on the following topics: Eating Disorders vs. Disordered Eating; Best Supportive Practices for Students Struggling in High School and College Settings; How to Assess and Treat Complex / Comorbid Eating Disorder Cases; Evidence-Based Treatment Approaches, Body Image Disturbance: The State of Art Treatment.**

**Contact:** [sdelinsky@gmail.com](mailto:sdelinsky@gmail.com) or [www.drsherriedelinsky.com](http://www.drsherriedelinsky.com)



**Emily W. Gordon, Psy.D.** has been working with adolescents, young adults and eating disorders for over 12 years. She is an Assistant Psychologist, Part-time, at McLean Hospital and Lecturer in Psychology at Harvard Medical School and has a private practice in Brookline, Massachusetts. After graduating from Northwestern University, Emily went on to earn a Psy.D. in Clinical Psychology from the Ferkauf Graduate School of Yeshiva University and then completed a post-doctoral fellowship in Child and Adolescent Psychology at McLean. Dr. Gordon has extensive training in the assessment and treatment of adolescents and young adults, and in the treatment of eating disorders and body image disturbance. Dr. Gordon was the Coordinator of Clinical Services at both the Adolescent Acute Residential Treatment Program and the Klarman Eating Disorder Center at McLean. She is currently a supervisor at the 3East DBT Intensive Program at McLean and has run a Body Image Group in this program. Dr. Gordon is also a clinical supervisor affiliated with the Boston Institute for Psychotherapy. She has lectured to various medical and clinical professionals, student groups, and conference attendees in Massachusetts.

**Dr. Gordon can present on the following topics: Eating Disorders in Adolescence, Adolescent Development, Eating Disorders in the College Aged Population, and ED Training for RA's.**

**Contact:** [emily\\_gordon@hms.harvard.edu](mailto:emily_gordon@hms.harvard.edu)

## Eating Disorder Consultants / Trainers



**Valerie Gurney, Ph.D.** is a licensed Clinical Psychologist in Arlington, Massachusetts who has treated individuals with eating disorders for the past 15 years. After graduating from Cornell University with a B.A. in Psychology, she earned a Ph.D. in Clinical Psychology from Ohio University and then served as a Postdoctoral Fellow in Eating Disorders at Brown University's School of Medicine. Dr. Gurney then served on the faculty at Cornell University's Weill Medical College and went into underserved neighborhoods of New York City to train primary care providers how to treat eating disorders in their clinics. In November 2000, Dr. Gurney moved back to New England and was the first Clinical Director of Laurel Hill Inn, a residential program treating women with serious eating disorders. For the past ten years, Dr. Gurney has provided individual therapy, consultation to families, and consultation/training for universities and community organizations.

**Dr. Gurney can present on the following topics: Eating Disorders on the College Campus; Eating Disorder Training for Resident Advisors; Diagnosis and Treatment of Eating Disorders; Cognitive Behavioral Treatment for Eating Disorders; Help! I Think My Child Has an Eating Disorder; and Making Sense of Your Child's Eating Disorder Behavior.**

Contact: [drvaleriegurney@gmail.com](mailto:drvaleriegurney@gmail.com) or [www.drvaleriegurney.com](http://www.drvaleriegurney.com)

# Intervention Consults and Clinical Case Management



## **Dawn Hynes, MSW**

396 Washington Street

Suite 392

Wellesley, MA 02481

**Email:** [dawn@hynesrecovery.com](mailto:dawn@hynesrecovery.com)

**Website:** [www.hynesrecovery.com](http://www.hynesrecovery.com)

**Telephone:** (339) 222-1947

**Other office locations:** Falmouth

## **Private Practice Information**

**Years in Practice:** 15

**Session Fees:** \$125 per hour

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** None. All services are private pay.

**Payment Information:** Session fees may be paid by cash or check.

**Session Availability:** Office hours are Tuesday and Thursday from 9:00am - 2:00pm, and by appointment.

## **Clinical Information**

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Treat age 17 and up.

**Do you provide Family Therapy services?** No.

**Treatment Orientation:** Provider offers intervention consults, securing treatment teams, and clinical case management.

**Specialty Areas:** Anorexia, Bulimia and Binge Eating Disorder

## **Biography**

Dawn Hynes, Founder of Hynes Recovery Services (HRS), is also an Advisory Board member of the Academy for Eating Disorders. She holds a Master's Degree in Social Work from Washington University in St. Louis. Dawn is a passionate advocate dedicated to making eating disorder treatment accessible to more people and providing practitioners with state of the art training and resources. For the past 15 years, Dawn has been active in eating disorder recovery work as an advocate, clinician, and volunteer. She has trained staff, developed clinical manuals, and worked with groups and individuals at Boston Children's Hospital and Laurel Hill Inn's Residential Treatment Program. As a volunteer, she has helped hundreds of families find resources and treatment referrals, created and distributed comprehensive eating disorder manuals to organizations nationwide and has also worked with a team of clinicians helping both celebrities and Olympic athletes connect to treatment.

Dawn founded HRS out of the significant need to provide college students and their families with the tools and resources necessary to ensure a successful transition to college for those battling an eating disorder. HRS is located in two separate Massachusetts communities (Wellesley and Falmouth).

# Individual Provider Directory



## **Melissa Abraham, Ph.D.**

305 Newbury Street

Boston, MA 02115

**Email:** [mabraham2@partners.org](mailto:mabraham2@partners.org)

**Website:** [www.melissaabrahamphd.com](http://www.melissaabrahamphd.com)

**Telephone:** (617) 584-2895

## **Private Practice Information**

**Years in Practice:** 12

**License Number in MA:** 8279

**Session Fees:** \$190 for 50 minute session

**Sliding Scale:** No.

**Accepted Insurance Plans:** None. All services are private pay.

**Payment Information:** Session fees may be paid by cash, check, or debit card.

**Session Availability:** Tuesday and Thursday

## **Clinical Information**

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Treat age 19 and up.

**Do you provide Family Therapy services?** No.

**Treatment Orientation:** Psychodynamic, Cognitive, Supportive

**Specialty Areas:** Anorexia, Bulimia, and Binge Eating Disorder

## **Biography**

Melissa Abraham, PhD has been a therapist since 1998 and in private practice since 2004. She received her PhD in Clinical Psychology from Northwestern University Medical School in Chicago, Illinois, and a Master's degree in public health from Harvard. Dr. Abraham completed internship and postdoctoral training in the treatment of eating disorders at Harvard Medical School/Massachusetts General Hospital, where she remains on staff and as Assistant Professor at Harvard Medical School.

Dr. Abraham's approach is primarily insight-oriented/psychodynamic, with cognitive-behavioral techniques used as needed. Dr. Abraham works with adults only (19 and older) in individual therapy and also provides 2-3 session consultations to individuals with disordered eating, including bulimia, overeating, binge eating, body image struggles and related problems. With a part-time practice in the Back Bay, she works with adults of all ages including college students who have depression, anxiety, difficulty functioning at school or work, and who have relationship or communication struggles. In addition, Dr. Abraham enjoys working with individuals who have stress associated with acculturation challenges. After the evaluation session, an assessment can be made about whether weekly outpatient services are the appropriate level and type of care for current symptoms.

# Individual Provider Directory



## **Sharon Chirban, Ph.D.**

29 Commonwealth Avenue

Suite 901

Boston, MA 02116

**Email:** [sharon@amplifyingperformance.com](mailto:sharon@amplifyingperformance.com)

**Website:** [www.amplifyingperformance.com](http://www.amplifyingperformance.com)

**Telephone:** (978) 337-6095

**Other office locations:** Carlisle

## **Private Practice Information**

**Years in Practice:** 20

**License Number in MA:** 6775

**Session Fees:** \$240 for 45 minutes

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** None. However, clients with PPO's can be reimbursed for services.

**Payment Information:** Session fees may be paid by cash or check.

**Session Availability:** Weekdays only; latest appointment available is 6:30pm.

## **Clinical Information**

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Both

**Do you provide Family Therapy services?** Provides both couples and family therapy.

**Treatment Orientation:** Psychodynamic and Cognitive Behavioral Therapy

**Specialty Areas:** Eating Disorders in Athletes; Exercise Addiction; Chronic Anorexia; Bulimia

## **Biography**

Dr. Chirban is a clinical psychologist and executive coach. She combines her performance psychology skills and positive psychology approach with insight oriented psychotherapy, advancing insight and growth. Her areas of specialty include eating disorders, female athlete triad, clinical eating disorders, relationship counseling and executive development.

Sharon has fifteen years of applied sport psychology experience. She works with Olympic, Professional, Collegiate, Elite, Junior and developing youth athletes in varying sports from hockey, skiing, and figure skating, to track, pole vaulting, throwing, shot put, gymnastics, fencing and others. She works with performers in music, theatre, and opera, as well as with dancers from the Boston Ballet. At Boston Children's Hospital, she is a staff sport psychologist where she has developed a subspecialty in treating injured athletes of all ages. She supports the practice of physicians in The Division of Sports Medicine addressing the emotional complications of post-concussion syndrome, ACL injury, general sport injuries, post-surgical rehabilitation, and career transition related to injury.

# Individual Provider Directory



## **Jennifer Culbert, MS, RD, LDN**

635 Commonwealth Avenue

Suite 625

Boston, MA 02215

**Email:** [jennc@bu.edu](mailto:jennc@bu.edu)

**Website:** [www.bu.edu/scnutrition](http://www.bu.edu/scnutrition)

**Telephone:** (617) 353-7520

**Fax:** (617) 358-5460

## **Private Practice Information**

**Years in Practice:** 6

**License Number in MA:** 2989

**Session Fees:** \$200 for 75 minute Initial Evaluation; \$175 for 50 minute follow-up appointments

**Sliding Scale:** No.

**Accepted Insurance Plans:** Blue Cross Blue Shield, Harvard Pilgrim, Tufts, Aetna, and United

**Payment Information:** Sessions not covered by insurance, as well as co-pays, may be paid via cash, check, or credit card.

**Session Availability:** Office hours include normal business hours, early mornings, and evenings.

## **Clinical Information**

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Both

**Do you provide Family Therapy services?** Yes.

**Treatment Orientation:** Medical Nutrition Therapy

**Specialty Areas:** Anorexia, Bulimia, and Binge Eating Disorder

## **Biography**

After receiving a Masters degree in Nutrition from Boston University (BU), Jennifer returned to BU as a nutrition counselor at the Sargent Choice Nutrition Center. Her passion for helping individuals with eating disorders was solidified after seeing the difference a dedicated treatment team could make in someone's recovery. She believes in individualized treatment plans that may include nutrition education, meal planning, participation in food-related activities such as grocery shopping, cooking, and eating at restaurants, and learning how to trust internal cues that help to identify hunger and fullness. Most importantly, Jennifer believes that a full recovery from disordered eating is possible.

# Individual Provider Directory



## **Sherrie Selwyn Delinsky, Ph.D.**

148 Linden Street

Suite 109

Wellesley, MA 02481

**Email:** [sdelinsky@gmail.com](mailto:sdelinsky@gmail.com)

**Website:** [www.drsherriedelinsky.com](http://www.drsherriedelinsky.com)

**Telephone:** (781) 235-4360

**Fax:** (781) 207-0364

## **Private Practice Information**

**Years in Practice:** 15

**License Number in MA:** 8616

**Session Fees:** \$250 for 45-50 minutes

**Sliding Scale:** No.

**Accepted Insurance Plans:** None; client responsible for seeking reimbursement.

**Payment Information:** Session fees may be paid by cash or check.

**Session Availability:** Normal business hours.

## **Clinical Information**

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Both

**Do you provide Family Therapy services?** No.

**Treatment Orientation:** Evidence Based Treatments: CBT, Motivational interviewing, Mindfulness-Based Treatment.

**Specialty Areas:** Anorexia, Bulimia, and Binge Eating Disorder

## **Biography**

Dr. Sherrie Delinsky is a licensed clinical psychologist in private practice in Wellesley, MA specializing in evidence-based treatment for eating and anxiety disorders. She is a Lecturer at Harvard Medical School and Assistant Psychologist at McLean Hospital. She received her M.S. and Ph.D. degrees in clinical psychology from Rutgers, The State University of New Jersey, and received her B.A. in psychology from Yale University. She completed pre and postdoctoral fellowships at McLean Hospital and served as a postdoctoral fellow and later as staff psychologist at Massachusetts General Hospital.

Dr. Delinsky is active in training and providing clinical supervision to professionals, as well as consulting to schools at the middle school, high school, and college level. In addition, she has presented at numerous national and international conferences. Her publications include 20 articles and book chapters on these topics and she serves as a reviewer for a number of scientific journals.

# Individual Provider Directory



## **Nina Frank, LICSW**

160 Main Street

Suite 30

Northampton, MA 01060

**Email:** [ninamariefrank@gmail.com](mailto:ninamariefrank@gmail.com)

**Telephone:** (413) 210-3007

**Fax:** (413) 727-3167

## **Private Practice Information**

**Years in Practice:** 5

**License Number in MA:** 117579

**Session Fees:** \$120 for 50 minute session

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** Blue Cross Blue Shield, Health New England, Tufts, United (Harvard Pilgrim)

**Payment Information:** Session fees may be paid by cash, check or credit card (Visa, Mastercard, Amex, Discover).

**Session Availability:** Office hours are Monday-Friday; some evening hours are available.

## **Clinical Information**

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Both

**Do you provide Family Therapy services?** Yes.

**Treatment Orientation:** Eclectic - incorporates DBT/CBT, Mindfulness, Relational and Psychodynamic Approaches.

**Specialty Areas:** Anorexia, Bulimia and Binge Eating Disorder

## **Biography**

Nina Frank, LICSW studied social work at New York University and immediately went on to specialize in the treatment of eating disorders. She has worked extensively with adults and adolescents (along with their families), to help support a full and lasting recovery. Through her work in partial day treatment, Nina has a broad understanding of the complexity of eating disorders and a variety of treatment interventions and options to offer clients. She incorporates skill based interventions with an eclectic approach to outpatient therapy, in addition to making referrals for more intensive treatment when necessary. Nina strongly believes there must be a focus on the inclusion of family and support systems for the best long term outcomes.

Nina played an integral role in the development of a Binge Eating Disorder Program at Walden Behavioral Care and finds this work particularly satisfying. She is interested in supporting individuals who have previously been focused on weight loss by helping shift the treatment focus to developing a healthy relationship between one's body and food concerns.



# Individual Provider Directory



## **Sarah Frenette, MS, LMHC, LCPC**

1330 Beacon Street

Suite 349

Brookline, MA 02446

**Email:** [sarahfrenette@gmail.com](mailto:sarahfrenette@gmail.com)

**Telephone:** (617) 232-3004

**Fax:** (617) 232-3044

## **Private Practice Information**

**Years in Practice:** 9

**License Number in MA:** 8461

**Session Fees:** \$130 for 50 minute session

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** Blue Cross Blue Shield, Tufts, Out of Network Plan

**Payment Information:** Sessions may be paid by cash or check.

**Session Availability:** Monday through Thursday; both daytime and evening hours are available.

## **Clinical Information**

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Both, ages 13 and up.

**Do you provide Family Therapy services?** Yes.

**Treatment Orientation:** Psychodynamic, CBT, and DBT.

**Specialty Areas:** Eating Disorders (Anorexia, Bulimia and BED), College Students, Anxiety, Depression and Trauma

## **Biography**

Sarah has been working in the mental health field for close to 10 years, primarily focused on working with clients with eating and co-occurring disorders. During graduate school at Suffolk University, she completed her pre and post-graduate internships working and training in 3 Boston-area college counseling centers, as well as the Boston Area Rape Crisis Center (BARCC). After graduate school, she spent many years working in an outpatient mental health clinic on both the eating disorder and substance abuse treatment teams. From there, Sarah worked numerous years for Walden Behavioral Care and The Renfrew Center of Maryland before starting her private practice in 2013. She has experience working in all levels of care (inpatient, partial hospitalization, intensive outpatient and outpatient).

Sarah is extremely passionate about her work as a psychotherapist and treating those who suffer from eating disorders. Her approach to therapy is integrative, combining Psychodynamic, CBT, and Relational models, along with DBT and Mindfulness skills. She believes in the importance of working closely with other practitioners and has strong relationships with local treatment centers to provide the best care for her clients. (Her office is conveniently located in Coolidge Corner, Brookline across the street from the T-stop and close to all Boston area colleges).

# Individual Provider Directory



## **Laura J. Goodman, LMHC**

**68 Main Street**

**Suite 3**

**Andover, MA 01810**

**Email: [ljgoodman3@sbcglobal.net](mailto:ljgoodman3@sbcglobal.net)**

**Telephone: (978) 475-1617**

## **Private Practice Information**

**Years in Practice:** 24

**License Number in MA:** 731

**Session Fees:** \$150 for 50 minute session

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** Aetna, Neighborhood Health, Fallon, and Tufts Navigator

**Payment Information:** Payments are made at the time of visit via cash or check.

**Session Availability:** Both daytime and evening hours are available.

## **Clinical Information**

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Both

**Do you provide Family Therapy services?** No.

**Treatment Orientation:** Cognitive Behavioral Therapy

**Specialty Areas:** Anorexia, Bulimia, and Binge Eating Disorder

## **Biography**

Laura J. Goodman, LMHC is a private practitioner specializing in the treatment of eating disorders in children, adolescents, and adults. Laura's interest in the field of eating disorders began when she was in college, while also coaching a high school girl's tennis team. In her first year as coach, four of her twenty students shared their eating disorder history. Laura struggled to find appropriate services for her students - and given her interest in helping others, athletics, psychology, and medicine, she had found her calling! She then attended graduate school at Boston College, receiving a Master's Degree in Counseling Psychology, with the goal of returning to her hometown and establishing a private practice, specializing in the treatment of eating disorders.

In addition to providing individual psychotherapy services, Laura has written three books in the field: "Eating Disorders: Time for Change", "Eating Disorders: The Journey to Recovery Workbook", and "Is Your Child Dying to be Thin?". Laura also provides consultation and assessment services, speaks regionally and nationally on the field of eating disorders, and has provided support groups to individuals and families struggling with eating disorders. Laura is currently on the Clinical Advisory Board of Walden Behavioral Care, and is a past (10 year) board member at a national eating disorder organization.

# Individual Provider Directory



## **Emily Gordon, Psy.D.**

1330 Beacon Street

Suite 324

Brookline, MA 02446

**Email:** [emily\\_gordon@hms.harvard.edu](mailto:emily_gordon@hms.harvard.edu)

**Telephone:** (617) 278-9990

## **Private Practice Information**

**Years in Practice:** 12

**License Number in MA:** 7995

**Session Fees:** \$200 for 50 minutes

**Sliding Scale:** No.

**Accepted Insurance Plans:** None; also, not in-network for most insurances.

**Payment Information:** Session fees may be paid by cash or check.

**Session Availability:** Monday, Tuesday and Thursday between 10:00am and 5:00pm.

## **Clinical Information**

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Both

**Do you provide Family Therapy services?** Yes.

**Treatment Orientation:** Provider integrates a relational model, in addition to utilizing DBT, CBT and ACT approaches.

**Specialty Areas:** Anorexia, Bulimia, and BED; Anxiety and Depression; Relationships; Adolescents/ College Students

## **Biography**

Dr. Emily Gordon graduated from Northwestern University with a double major in Psychology and Art Theory and Practice. She then completed her Psy.D. in Clinical Psychology at Yeshiva University in the Bronx, NY. Dr. Gordon completed a Post-Doctoral Fellowship in Child and Adolescent Psychology at the Acute Residential Treatment Program (ART) at McLean Hospital, where she went on to become the Clinical Coordinator of the program. In 2003, Dr. Gordon joined the start up team of clinicians to develop and open the Klarman Center, a residential treatment program for adolescent girls with eating disorders also at McLean. Dr. Gordon served as the Coordinator of Clinical Services at the Klarman Center for almost two years before transitioning into private practice in Brookline, MA.

Dr. Gordon has continued to supervise psychology post-docs and other staff members at both the ART and the DBT program 3East at McLean. In addition, Dr. Gordon completed a Supervision training at the Boston Institute for Psychotherapy where she has also supervised early career clinicians and taught a seminar on running a successful private practice. Throughout her career, Dr. Gordon has focused on the treatment of adolescents and eating disorders, and has given many presentations on the treatment of eating disorders. In her free time, Emily enjoys walking outside, playing tennis, art, traveling, cooking and connecting with family and friends.

# Individual Provider Directory



## **Dana Greene, MS, RD, LDN**

**1180 Beacon Street**

**Suite 7D**

**Brookline, MA 02446**

**Email: [dgreene.nutrition@comcast.net](mailto:dgreene.nutrition@comcast.net)**

**Telephone: (617) 721-3627**

**Fax: (617) 734-0565**

## **Private Practice Information**

**Years in Practice:** 10

**License Number in MA:** 2372

**Session Fees:** \$140 per hour

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** Blue Cross Blue Shield, Harvard Pilgrim, Tufts, Cigna, Aetna, and United

**Payment Information:** Sessions not covered by insurance can be paid by cash or check.

**Session Availability:** Monday, Wednesday and Friday from 8:30am-6:00pm

## **Clinical Information**

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Both

**Do you provide Family Therapy services?** No.

**Treatment Orientation:** Motivational Interviewing

**Specialty Areas:** Anorexia, Bulimia, Binge Eating Disorder and Obesity

## **Biography**

Dana attended New York University to study food and nutrition. She then moved to Boston in 2001 and worked in a variety of clinical settings before starting a private practice. (Dana has been in private practice for more than 10 years). During that time, in addition to providing individual therapy, she worked at Boston Children's Hospital in the Optimal Weight for Life Program. While in this setting, Dana treated overweight and obese children, and their families, while working closely with both physicians and psychologists. This allowed Dana crucial insight into how much one's physical health is tied into their emotional and physical health.

Dana gained additional eating disorder experience by taking courses in the field, attending workshops, participating in continuing education opportunities and collaborating with other professionals in the field. She believes strongly that a solid, experienced team of health care professionals can be life-changing, and will greatly assist individuals achieve lasting recovery.

# Individual Provider Directory



## **Valerie Gurney, Ph.D.**

**800 Massachusetts Ave.**

**Suite 2**

**Arlington, MA 01730**

**Email:** [drvaleriegurney@gmail.com](mailto:drvaleriegurney@gmail.com)

**Website:** [www.drvaleriegurney.com](http://www.drvaleriegurney.com)

**Telephone:** (781) 488-3399

**Fax:** (781) 488-3399

## **Private Practice Information**

**Years in Practice:** 12

**License Number in MA:** 7639

**Session Fees:** \$175 for 50 minutes

**Sliding Scale:** No.

**Accepted Insurance Plans:** None. Will electronically submit insurance claim as courtesy for “out of network” plans.

**Payment Information:** Session fees may be paid by cash or check.

**Session Availability:** Office hours include normal business hours Tuesday through Friday, plus Tuesday evening.

## **Clinical Information**

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Treat age 17 and up.

**Do you provide Family Therapy services?** No.

**Treatment Orientation:** Cognitive Behavioral Therapy

**Specialty Areas:** Anorexia, Bulimia, and Binge Eating Disorder

## **Biography**

Valerie Gurney, Ph.D. is a licensed Clinical Psychologist who has treated individuals with eating disorders and eating problems for the past fifteen years. After graduating from Cornell University with a B.A. in Psychology, she earned a Ph.D. in Clinical Psychology from Ohio University where she did a thesis on preventing eating disorders in college students. Following her graduation, she served as a Postdoctoral Fellow in Eating Disorders at Brown University’s School of Medicine. During this time, she provided outpatient treatment for eating disorders as well as eating disorder consultation services to inpatient programs. Dr. Gurney then moved to New York where she served on the faculty at Cornell University’s Weill Medical College and went into underserved neighborhoods of New York City to train primary care providers how to identify and treat eating disorders and obesity in their clinics. In November 2000, Dr. Gurney moved back to New England and was the first Clinical Director of Laurel Hill Inn, a residential program that treated women with serious eating disorders. For the past ten years, Dr. Gurney has provided individual therapy in her private practice in Arlington, Massachusetts. She continues to provide consultation to families, universities, referral services, and private case management firms.

# Individual Provider Directory



**Sarah J. Kelly, LICSW**  
1218 Massachusetts Avenue  
Cambridge, MA 02138  
**Email:** [sarah@sarahkellylicsw.com](mailto:sarah@sarahkellylicsw.com)  
**Telephone:** (617) 905-7517

## Private Practice Information

**Years in Practice:** 13

**License Number in MA:** 111268

**Session Fees:** \$200 for 50 minute session

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** None. All services are private pay.

**Payment Information:** Session fees may be paid by cash, check or credit card. Payment is due at time of service.

**Session Availability:** Normal business hours Monday through Friday.

## Clinical Information

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Both

**Do you provide Family Therapy services?** Provider offers parent guidance to families requesting this support.

**Treatment Orientation:** Psychodynamic, DBT and MBT.

**Specialty Areas:** Eating Disorders, Personality Disorders and Trauma.

## Biography

Sarah has been working with individuals recovering from eating disorders for over fifteen years. After completing her Master's Degree at the Smith College School of Social Work, she worked at Harvard University with both students and faculty. In addition, she also worked at Two Brattle Center, and has been in private practice since 2002.

Sarah received advanced specialized training in both Dialectical Behavioral Therapy and Mentalization Based Therapy. She completed a fellowship in psychoanalytic psychotherapy at Boston Psychoanalytic Society and Institute and a fellowship in couples therapy through PCFINE. In her work with adolescents and adults, her areas of specialization include eating disorders, trauma, personality disorders, psychotherapy with young adults/college students and parent guidance work. Sara also supervises other clinicians in the field and provides clinical consultation when requested.

# Individual Provider Directory



## **Beth O'Malley, Psy.D.**

32 Union Street

Suite 4

Newton Centre, MA 02459

**Email:** [bethgilroy.psyd@gmail.com](mailto:bethgilroy.psyd@gmail.com)

**Telephone:** (617) 702-2384

## **Private Practice Information**

**Years in Practice:** 5

**License Number in MA:** 9299

**Session Fees:** \$200 for Initial Evaluation; \$180 for 50 minute session

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** PPO / Out-of-Network or Private Pay.

**Payment Information:** Session fees may be paid by cash, check or credit card and are due at time of service.

**Session Availability:** Office hours are weekdays and some evenings.

## **Clinical Information**

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Both

**Do you provide Family Therapy services?** Family consultations only.

**Treatment Orientation:** CBT, Humanistic, Relational, Eclectic

**Specialty Areas:** Anorexia, Bulimia, Binge Eating Disorder and OSFED

## **Biography**

Dr. O'Malley earned her MA at Boston University, and then went on to attend the Massachusetts School of Professional Psychology (MSPP), where she earned her doctoral degree in Clinical Psychology. While at MSPP, she completed a 4 year long training, which included time at both the Wheelock College Counseling Service and The Stone Center at Wellesley College. During this time, her interest in the treatment of eating disorders developed, and she sought specialized training and completed her Post-Doctoral Fellowship at the Cambridge Eating Disorder Center (CEDC). Dr. O'Malley remained at the CEDC for five years, moving into the role of Coordinator of the Partial Hospital Program. It was during this time that she opened her private practice. After leaving the CEDC, Dr. O'Malley began working at the Laurel Hill Inn Eating Disorder Treatment Center (LHI), where she served in the role of Assistant Clinical Director and Primary Therapist. Upon the closing of LHI, she transitioned into her current role at Student Health at Boston University. At BU, in addition to providing direct care, she coordinates the multidisciplinary eating disorder team and monitors the treatment of eating disorder cases within Student Health.

Dr. O'Malley continues to feel passionate about this work and supporting clients during their process of recovery. In her practice, she will assist you in developing the insights and skills to continue moving forward into a happy, independent and meaningful life. She offers clients a non-judgmental and empathic space in which they will feel safe, supported and connected.

# Individual Provider Directory



## **Sarah O'Neil, M.D.**

634 Commonwealth Avenue

Suite 208

Newton Centre, MA 02459

**Email:** [sarhoneilmd@gmail.com](mailto:sarhoneilmd@gmail.com)

**Website:** [www.sarhoneilmd.com](http://www.sarhoneilmd.com)

**Telephone:** (617) 622-3990

**Fax:** (855) 341-5517

## **Private Practice Information**

**Years in Practice:** 8

**License Number in MA:** 219024

**Session Fees:** Initial Evaluation is \$325; 45 minute follow-up is \$225; 20 minute follow-up is \$150

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** None.

**Payment Information:** Cash or check is due at the time of appointment, unless other arrangements have been made.

**Session Availability:** Monday: 9:00am-2:00pm; Wednesday: 9:00am-4:00pm; Friday: 9:00am-4:00pm.

## **Clinical Information**

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Both

**Do you provide Family Therapy services?** No.

**Treatment Orientation:** Individual therapy, medication management and consultation services.

**Specialty Areas:** Eating Disorders; Mood and Anxiety Disorders

## **Biography**

Dr. O'Neil received her medical training at the Johns Hopkins University School of Medicine. Her postgraduate medical training included one year of internal medicine internship followed by three years of adult psychiatry residency at MGH and McLean Hospital, teaching affiliates of the Harvard Medical School. She completed subspecialty training in child and adolescent psychiatry, also at the MGH/McLean program. During residency, Dr. O'Neil worked with the MGH eating disorders consultation team and ran a group for those with Bulimia Nervosa. Since completing her training, she has worked at the Cambridge Eating Disorder Center for a year, and now has a general psychiatry practice in Newton Centre. She treats teenagers and adults with mood disorders, anxiety disorders and/or eating disorders. Dr. O'Neil provides consultation services, diagnostic evaluations and ongoing care (psychotherapy and psychopharmacology) to teens and their parents, as well as adults. She is trained in Psychodynamic Therapy, Cognitive Behavioral Therapy (CBT) and Dialectic Behavioral Therapy (DBT), and incorporates all three modalities into her work. She is Board Certified in General Psychiatry as well as Child and Adolescent Psychiatry. And she is a member of the Academy for Eating Disorders and the American Psychiatric Association. Dr. O'Neil seeks to understand the individual where they are in the moment, without judgment, be audience and witness to their story and believes in the power of being understood and that authentically connecting with another human being can be life-saving.



# Individual Provider Directory



## **Lisa M. Pearl, MS, RD, LDN**

33 Bedford Street

Suite 20

Lexington, MA 02420

**Email:** [lisapearl@cnc360.com](mailto:lisapearl@cnc360.com)

**Website:** [www.cnc360.com](http://www.cnc360.com)

**Telephone:** (781) 674-1189

**Fax:** (781) 863-2646

**Other office locations:** Somerville and Concord

## **Private Practice Information**

**Years in Practice:** 32

**License Number in MA:** 1024

**Session Fees:** \$150-\$185 for 50 minute sessions.

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** BCBS, Aetna, Harvard Pilgrim Healthcare, and Tufts

**Payment Information:** Co-pays are due at the time of session; some insurances require pre-authorization.

**Session Availability:** Monday through Friday - hours vary.

## **Clinical Information**

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Both

**Do you provide Family Therapy services?** Provider offers parent coaching, including FBT.

**Treatment Orientation:** Individual and group nutrition therapy.

**Specialty Areas:** Disordered eating across the lifespan.

## **Biography**

Lisa Pearl is a licensed clinical nutritionist and eating disorder specialist. Her academic background includes undergraduate degrees in nutrition and biology, graduate degrees in clinical nutrition and counseling, and postgraduate certification or studies in adolescent medicine, movement therapy, nutrition support, and executive coaching.

Lisa began her career on the eating disorder service at Children's Hospital Boston. As a director of that service, she worked with all of the disciplines to advance the treatment of eating disorders into a comprehensive team approach. While at CH, she began consulting to other treatment programs and educational institutions such as: MIT, Harvard, Groton School, Boston Ballet School/Company and Concord Academy.

Lisa has received national recognition for improving patient care from the Academy of Nutrition and Dietetics and the Governor's Commendation for Excellence in Public Service.

In addition to her consulting, Lisa maintains her private practice and is the owner of a group practice, CNC360, that specializes in mind-body health for disordered eating.

# Individual Provider Directory



## **Elizabeth Pratt, Ph.D.**

1577 Beacon Street

First Floor

Brookline, MA 02446

**Email:** [drlizpratt@gmail.com](mailto:drlizpratt@gmail.com)

**Telephone:** (617) 271-8390

## **Private Practice Information**

**Years in Practice:** 9

**License Number in MA:** 8577

**Session Fees:** \$250 per 50 minute session

**Sliding Scale:** No.

**Accepted Insurance Plans:** None; however, provider can provide statements to clients for insurance

**Payment Information:** Session fees may be paid by cash or check.

**Session Availability:** Office hours are Monday, Tuesday, and Thursday.

## **Clinical Information**

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Adults.

**Do you provide Family Therapy services?** No.

**Treatment Orientation:** Cognitive Behavioral Therapy

**Specialty Areas:** Eating Disorders, Substance Use Disorders, and Anxiety Disorders.

## **Biography**

Dr. Elizabeth Pratt is a licensed clinical psychologist with a private practice in Brookline, MA. She is also an Adjunct Assistant Professor in the Department of Psychology at Boston University. Dr. Pratt specializes in Cognitive Behavioral Therapy (CBT) for eating, substance use, and anxiety disorders. Dr. Pratt received her doctoral degree in clinical psychology from Rutgers University, and completed her pre-doctoral internship at the Boston Consortium in Clinical Psychology. She also completed a postdoctoral fellowship in the treatment of women's trauma at the National Center for Posttraumatic Stress Disorder/VA Boston Healthcare System (funded by the National Institute of Mental Health). In addition, between 2005-2014, Dr. Pratt was the Associate Director of the Eating Disorders Program at the Center for Anxiety and Related Disorders at Boston University and a Clinical Assistant Professor in the Department of Psychology, where she also taught core academic courses and supervised clinical psychology doctoral students.

# Individual Provider Directory



## **Heidi Schauster, MS, RD, LDN**

175 Elm Street

Suite C5

Somerville, MA 02144

**Email:** [heidi@anourishingword.com](mailto:heidi@anourishingword.com)

**Website:** [www.anourishingword.com](http://www.anourishingword.com)

**Telephone:** (617) 877-2202

## **Private Practice Information**

**Years in Practice:** 18

**Session Fees:** \$175-\$200 for 50 minutes

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** Harvard Pilgrim, Tufts, BCBS PPO, Cigna, Aetna

**Payment Information:** Session fees may be paid by cash, check or credit card.

**Session Availability:** Tuesday, Wednesday and Friday until 3:00pm; every other Friday evening and every other Saturday.

## **Clinical Information**

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Both

**Do you provide Family Therapy services?** Provider can work with families on nutrition therapy concerns.

**Treatment Orientation:** Nutrition therapy-oriented toward Intuitive Eating; Acceptance and Commitment Therapy (ACT).

**Specialty Areas:** Disordered and Disregulated Eating of all types; Athletes/Dancers; Adolescence/ College-Aged students

## **Biography**

Heidi is a nutrition therapist and registered dietitian with 20 years of experience in the field of eating disorders and emotional eating issues. She is a counselor, writer, consultant, and clinical supervisor, based in the Greater Boston area. In her work, Heidi feels called to assist her clients and readers in improving their relationships with food and their bodies. There is so much conflicting information about nutrition. Therefore, she works with clients to sort through it all, and to use their own inner wisdom to develop a style of eating that works for their unique body and lifestyle. Heidi's training includes nutrition science, psychology, mindfulness-based training, and elements of yoga therapeutics and dance. She holds a holistic view of nutrition, the body, and her clients.

Heidi completed her dietetic internship and masters degree at Tufts University and began her career at Children's Hospital, Boston. After completing an Adolescent Fellowship at Children's Hospital, she worked as Clinical Dietitian Specialist for Inpatient Psychiatry and the Outpatient Adolescent Clinic. Since leaving Children's in 1999, Heidi has maintained a full-time private practice. In addition to counseling, she has consulted with schools, universities, and professional groups, and lectured widely on the topic of disordered eating.

# Individual Provider Directory



## **Amy Scobie-Carroll, LICSW**

1 Harvard Street

Brookline, MA 02445

**Email:** [scobiecarroll@gmail.com](mailto:scobiecarroll@gmail.com)

**Website:** [www.amyscobiecarroll.squarespace.com](http://www.amyscobiecarroll.squarespace.com)

**Telephone:** (617) 272-0626

## **Private Practice Information**

**Years in Practice:** 10

**License Number in MA:** 114500

**Session Fees:** \$150 for 50 minutes

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** Provider accepts PPO insurance plans.

**Payment Information:** Session fees may be paid by cash or check.

**Session Availability:** Wednesday and Friday during the daytime; some limited hours in the evening.

## **Clinical Information**

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Adults (18 and up)

**Do you provide Family Therapy services?** No.

**Treatment Orientation:** CBT, DBT, and Mindfulness approaches

**Specialty Areas:** Anorexia, Bulimia, Binge Eating; Compulsive Exercise; Body Image

## **Biography**

Amy is the Eating Disorder Specialist in the Psychological Counseling Center at Brandeis University, and a clinical social worker in private practice. She holds an MSW from Portland State University. Between 2006-2012, Amy served as Director of the day treatment program and intensive outpatient programs at Laurel Hill Inn, and then became the Assistant Director of Laurel Hill's residential program.

For many years, Amy has led CBT, DBT, and mindfulness informed therapy groups for clients in recovery, and has provided individual and family therapy at various levels of care. While working for Brigham and Women's department of psychiatry, she taught CBT for eating disorders to psychiatry residents. She has also led workshops in various health care settings.

Amy has been in private practice specializing in eating disorders since 2010. Her approach to clients is eclectic and informed by evidence-based practices. Amy is a proud member of the Academy for Eating Disorders and the International Association of Eating Disorders Professionals.

# Individual Provider Directory



## **Joanne Soolman, MS, RD, LDN**

555 Washington Street

Second Floor

Wellesley, MA 02482

**Email:** [joanne@soolmannutrition.com](mailto:joanne@soolmannutrition.com)

**Website:** [www.soolmannutrition.com](http://www.soolmannutrition.com)

**Telephone:** (781) 237-0470

**Fax:** (781) 237-0471

## **Private Practice Information**

**Years in Practice:** 5

**License Number in MA:** 3021

**Session Fees:** \$150 for 50 minutes

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** Blue Cross Blue Shield, Harvard Pilgrim, Tufts, Cigna, Aetna, United

**Payment Information:** Sessions not covered by insurance, as well as co-pays, may be paid via cash, check, or credit card.

**Session Availability:** Office hours include normal business hours, evenings, and some week-end hours.

## **Clinical Information**

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Both

**Do you provide Family Therapy services?** No.

**Treatment Orientation:** Motivational Interviewing, Health at Every Size®, Intuitive Eating

**Specialty Areas:** Anorexia, Bulimia, and Binge-Eating Disorder

## **Biography**

After earning a Bachelor of Arts in Psychology from Brown University, Joanne worked as a residence counselor at McLean Hospital's Obsessive Compulsive Disorder Institute (OCDI), where she first encountered individuals with eating disorders and was able to learn more about the complexities of these disorders. Subsequently, Joanne earned a Master of Science in Nutrition and Health Promotion from Simmons College and worked as a Registered Dietitian at Cambridge Eating Disorder Center (CEDC), where she helped clients with anorexia, bulimia, and binge eating disorders, as well as patients with a variety of disordered eating habits, to establish a healthier relationship with food. When Joanne is not working, she enjoys cheering on her favorite Boston sports teams, trying out new recipes, and playing tennis.

# Individual Provider Directory



## **Betsy Milas Treiber, LICSW**

**700 West Center Street**

**Suite 6**

**West Bridgewater, MA 02379**

**Email: [bmtlicsw@gmail.com](mailto:bmtlicsw@gmail.com)**

**Telephone: (508) 586-2664**

**Fax: (508) 586-0061**

## **Private Practice Information**

**Years in Practice:** 28

**License Number in MA:** 1018035

**Session Fees:** Initial Evaluation is \$150; Individual Sessions are \$100 per hour.

**Sliding Scale:** Yes. (\$65-\$90 per hour)

**Accepted Insurance Plans:** BCBS, Harvard Pilgrim, Tufts, United Health and UBH

**Payment Information:** Session fees may be paid by cash, check or credit card (Mastercard / Visa)

**Session Availability:** Tuesday, Wednesday and Friday from 9:00am-2:30pm; every other Saturday (9:00am-12:00pm).

## **Clinical Information**

**Treat Males / Females (or both):** Females

**Treat Adolescents / Adults (or both):** College students and adults

**Do you provide Family Therapy services?** Yes.

**Treatment Orientation:** Provider utilizes an eclectic approach tailored to the specific needs of each client.

**Specialty Areas:** Anorexia, Bulimia and Binge-Eating Disorder

## **Biography**

Betsy has been an eating disorder specialist for over 25 years and in private practice since 1991, having worked with adolescents, college students and adults. Her work begins with the premise that full recovery is possible. She uses an eclectic approach which combines the best of CBT, DBT, Mind-Body and Psychodynamic approaches. She began her career as a group leader for the former agency, Anorexia Bulimia Care. She was a board member of MEDA during its beginnings and went on to become MEDA's first Clinical Director. She has also worked as a consultant for Laurel Hill Inn, providing family therapy and supervising clinicians. She is currently focusing on her private practice, leaving time to raise her daughter and enjoy her family.

# Individual Provider Directory



## Leigh P. Van Dusen, MS, LDN

1 Mifflin Place

Suite 260

Cambridge, MA 02138

**Email:** [leigh@vandusennutrition.com](mailto:leigh@vandusennutrition.com)

**Website:** [www.vandusennutrition.com](http://www.vandusennutrition.com)

**Telephone:** (646) 369-2255

**Fax:** (617) 658-1869

## Private Practice Information

**Years in Practice:** 13

**License Number in MA:** 3284

**Session Fees:** Initial Assessment: \$175 for 60 minutes; Follow-up Sessions: \$150 for 45 minutes, \$200 for 60 minutes

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** None. All services are private pay.

**Payment Information:** Session fees may be paid by cash, check or credit card (excluding Amex).

**Session Availability:** Office hours are on Monday, Tuesday, Thursday and Friday.

## Clinical Information

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Both

**Do you provide Family Therapy services?** No.

**Treatment Orientation:** Nutrition Therapy, Intuitive and Mindful Eating, Motivational Interviewing, Cognitive Behavioral Therapy

**Specialty Areas:** Anorexia, Bulimia, Binge-Eating Disorder, and Disordered Eating; Athletes; Metabolic Testing

## Biography

Leigh P. Van Dusen, M.S., L.D.N. is a Licensed Nutritionist and owner of Van Dusen Nutrition. Leigh provides individual nutrition counseling combining behavioral and emotional-oriented approaches to guide and support clients. She specializes in eating disorders, disordered eating and sports nutrition and incorporates metabolic testing to tailor treatment to the individual needs of each client. Leigh is also committed to collaborating with a client's healthcare team to ensure cohesiveness and optimal care. Leigh earned her Master of Science degree in Human Nutrition/Nutritional Biochemistry from the Tufts University School of Nutrition Science and Policy in Boston, MA and has been in private practice since 2002 first in New York City and then in Cambridge, MA. Prior to entering private practice, Leigh worked for The Renfrew Center of New York and The Center for the Treatment of Eating Disorders in Livingston, NJ. Leigh's past work experience includes Deaconess Waltham Hospital's inpatient unit, Laurel Hill Inn's residential eating disorder program and Massachusetts General Hospital's Neuroendocrine Unit. Leigh has also served as an Advisory Board member and lecturer for the Center for the Study of Anorexia and Bulimia (CSAB) in New York, NY and been a member of the Board of Directors for the Multi-Service Eating Disorders Association (MEDA) in Newton, MA.

# Individual Provider Directory



## **Mona Villapiano, Psy.D.**

727 Centre Street

Newton, MA 02458

**Email:** [monavillapiano@gmail.com](mailto:monavillapiano@gmail.com)

**Telephone:** (617) 965-9702

## **Private Practice Information**

**Years in Practice:** 31

**License Number in MA:** 3684

**Session Fees:** \$200 for 45 minutes; \$250 for 60 minutes

**Sliding Scale:** No.

**Accepted Insurance Plans:** None

**Payment Information:** Session fees may be paid by cash or check.

**Session Availability:** Monday, Tuesday, Wednesday and Thursday from 7:00am - 6:00pm.

## **Clinical Information**

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Both

**Do you provide Family Therapy services?** Yes.

**Treatment Orientation:** Dynamic; CBT; DBT; Family Systems, and Maudsley Approach.

**Specialty Areas:** Anorexia, Bulimia, Binge Eating Disorder; Complicating Medical Co-morbidities;  
Transgender Clients

## **Biography**

Dr. Villapiano is a licensed psychologist. She serves on the Advisory Boards of Beacon Health Systems and Walden Behavioral Care, and is a member of the Massachusetts Psychological Association (MPA), The American Psychological Association (APA), and the National Registry of Health Care Providers in Psychology.

In addition to her clinical practice, she provides clinical supervision, consults with universities and organizations, and speaks regularly about eating disorders.

A graduate of The Massachusetts School of Professional Psychology (now the Williams James College), Dr. Villapiano received her Bachelor's Degree from Brandeis University and her Master's from Boston College. And she did her APA Fellowship training in Clinical Psychology at Children's Hospital Medical Center in Boston, MA.

Dr. Villapiano is the co-author of two books: *The Journey to Recovery Workbook* and *Eating Disorders: Time for Change*.



# Individual Provider Directory



## **Rick M. Wilson, Psy.D.**

554 Washington Street

Suite 12

Wellesley, MA 02482

**Email:** [rmwpsych@mac.com](mailto:rmwpsych@mac.com)

**Telephone:** (781) 237-1379

**Fax:** (781) 237-2879

## **Private Practice Information**

**Years in Practice:** 11

**License Number in MA:** 8423

**Session Fees:** \$180 for Initial Consultation; \$150 for 50 minute session

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** BCBS of MA

**Payment Information:** Session fees may be paid by cash, check or credit card.

**Session Availability:** Normal business hours Monday through Friday. During the summer, provider is available Monday through Thursday.

## **Clinical Information**

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Adolescents (High School age) and Adults

**Do you provide Family Therapy services?** Yes; provider also offers couples counseling.

**Treatment Orientation:** Psychodynamic, Relational, Cognitive-Therapy Interventions, Supportive Therapy, Positive Psychology, and Music Therapy.

**Specialty Areas:** Adolescent Treatment, Trauma, Anxiety, Depression, Eating Disorders, Grief and Loss, Spirituality in Treatment and Parenting Issues.

## **Biography**

Dr. Wilson has been working as a therapist for the past 10 years, helping clients with a wide variety of emotional and psychological issues, including eating disorders. He also has great expertise in treating students with both anxiety and depression. In addition, Dr. Wilson works as the consulting psychologist for The Noble and Greenough School, a boarding school located in Dedham, Massachusetts.

Dr. Wilson is a theologically trained clinician and holds a Master's Degree in Theology from Fuller Theological Seminary. This additional training frequently becomes a relevant lens through which to explore healing in people's lives. Many clients bring a religious or faith tradition as an integral part of their story and Dr. Wilson is very comfortable with integrating a healthy spirituality into treatment when a client finds that perspective helpful to their recovery. He has a warm, authentic, and collaborative style, with a knack for appropriately using humor during the course of treatment.

Dr. Wilson has years of experience providing consultation services to families and clinicians involving complex clinical issues, and also offers supervision to both novice and experienced outpatient providers.

# Individual Provider Support Groups

**Group Leader:** Kamryn T. Eddy, Ph.D.

**Contact Information:**

**Phone:** (617) 726-8470 (Intake Line)

**Name of Group:**

10-Session Education Group for Parents of Children with Eating Disorders

**Group member composition:**

This group is open to parents of children, adolescents, or young adults who are struggling with an eating disorder.

**Day / Time of Group:**

Wednesdays, from 5:30-6:45pm.

**Group location:**

TBD (at time of sign up).

**Payment information:**

No insurance accepted, as it is an educational group and not a therapy group. Group fee is \$500 for the 10-week program. No sliding scale available.

**Parking Availability:**

MGH offers limited parking for visitors at the Fruit Street, Parkman Street and Yawkey Center garages on their main campus. Additional parking options include nearby private parking garages and parking lots as well as limited street parking.

**Description:**

This 10-week educational group is ideal for parents of children, adolescents, or young adults with anorexia nervosa, bulimia nervosa, or another type of eating disorder. Key topics include effective parenting styles, behavior management, healthy eating, emotion regulation, communication, and perfectionism. The group will help you adopt an “Off the C.U.F.F.” (named for the acronym Calm, Undisturbed, Firm, and Funny) approach with your child through role-plays, videos, and support from both facilitators and peers.

**Clinician Bio:**

Dr. Eddy is the co-director of the Eating Disorders Clinical and Research Program at Massachusetts General Hospital and an Assistant Professor of Psychology at Harvard Medical School. Dr. Eddy received her Ph.D. in clinical psychology from Boston University, completed her pre-doctoral internship at the University of Chicago Medical Center, and her postdoctoral at Massachusetts General Hospital and Harvard Medical School. Dr. Eddy’s clinical specialty areas are assessment, family-based treatment, and cognitive behavioral therapy for children, adolescents, and young adults with eating disorders.

# Individual Provider Support Groups

**Group Leader:** Kenneth Freedman, LICSW

**Contact Information:**

**E-mail:** [frazzled4@comcast.net](mailto:frazzled4@comcast.net)

**Name of Group:**

Early Recovery Women's Eating Disorders Support Group

**Group member composition:**

Female only group – areas addressed are: Anorexia, Bulimia, Binge Eating, EDNOS, and Emotional Eating.

**Day / Time of Group:**

Wednesdays, from 6:30-8:00pm.

(Kenneth runs a similar group on Thursdays from 6-7:30pm, but it is currently filled).

**Group location:**

Sandwich, MA

**Payment information:**

Insurances accepted are: all BCBS Plans, some out of network insurances. Self-pay is \$35 per group.

**Parking Availability:**

There is parking in the driveway, and on the street.

**Description:**

This is an ongoing support group for women in early or late recovery. It is a non-lecture format with insight-oriented themes presented from group discussion. Clients will gain insight and rehearse boundaries, as well as coping with one another's support.

**Clinician Bio:**

Kenneth Freedman, LICSW has been working independently for 13 years with eating disorders as a major focus. Versed in family and individual work, Ken has adapted his strengths based approach to accommodate a group format inviting women to experience more clarity about the origin of their struggles as well as a functional way of managing symptoms and others. This results in a more authentic way of being in the world. When this is accomplished, Ken has found that women can more easily recover from the grips of impulsivity and lost-ness. Ken has a passionate and flexible therapy style.

# Individual Provider Support Groups

**Group Leader: Renee Hoekstra, Psy.D.**

**Contact Information:**

**Phone:** (617) 981-5079

**E-mail:** [drhoekstra@bostondbtgroups.com](mailto:drhoekstra@bostondbtgroups.com)

**Name of Group:**

Adolescent Girls Group

Adult Mixed Gender Group also available, in the Back Bay

**Group member composition:**

Girls are selected from different high schools and have no contact between groups to ensure privacy and confidentiality. Girls are roughly between 13-19 years of age. Mixed gender adult group age range is mid-20's to 60-something.

**Day / Time of Group:**

For most updated information, please refer to my website: [www.reenehoekstra.com](http://www.reenehoekstra.com).

**Group location:**

Adolescent Girls: 38 Montvale Ave, Suite 265, Stoneham, MA (1/2 mile off of 1-93 and near 95/93 Interchange)

Mixed Gender Adult: 305 Newbury Street, Suite 41, Boston, MA

**Payment information:**

PPO plans can be reimbursed to clients with group receipts, but services are paid up front. There is a \$250 flat monthly charge for the group. (Pre-screen fee differs due to group location).

**Parking Availability:**

On street parking is available, with several spots that have meters.

**Description:**

Adolescent groups include mindfulness, data tracking, psychodrama, role playing, wise mind decision making, discussion, peer feedback, exercises to build cohesion, DBT skills, and exposure treatment. These are ongoing groups that members can attend throughout high school.

**Clinician Bio:**

Renee Hoekstra, Psy.D. is a psychologist who completed her post-doctoral work at Massachusetts Mental Health Center's DBT program and has always focused her interest on maximizing the power of group therapy by making these groups relevant, experiential, and meaningful. She also offers online classes (see website) and adult groups. In addition, Dr. Hoekstra has worked in inpatient, outpatient, and residential eating disorder settings; and has co-lead trainings in Functional Analytic Psychotherapy with University of Washington Master Clinician Mavis Tsai.

# Individual Provider Support Groups

**Group Leader:** Heidi Schauster, MS, RD, LDN

**Contact Information:**

**Phone:** (617) 877-2202

**E-mail:** [heidi@anourishingword.com](mailto:heidi@anourishingword.com)

**Name of Group:**

The Non-Diet Book Club

**Group member composition:**

This group is open to adult men and women in eating disorder recovery, who are far enough along in recovery to benefit from a book club and work on mindfulness in eating.

**Day / Time of Group:**

Every other Saturday from 8:30 to 10:00am. Will consider filling another group, if there is interest.

**Group location:**

175 Elm Street, Suite C5

Davis Square, Somerville, MA 02144

**Payment information:**

Insurance is not accepted, and group fees are \$50 per group. (A sliding scale for group fees is possible – call group leader for more detailed information).

**Parking Availability:**

Plentiful on-street, non-metered parking on Elm Street.

**Description:**

The Non-Diet Book Club is a therapeutic (but not psychotherapy-focused) group in which the group members read books together on the non-diet approach to healing one's relationship with food and on mindful eating practices. A nutrition therapist and registered dietitian with over 15 years of experience in the field of disordered eating will facilitate the group.

**Clinician Bio:**

Heidi Schauster, MS, RD, LDN is a nutrition therapist and registered dietitian with over 15 years of experience in the field of eating disorders and emotional eating issues. She is a counselor, lecturer, writer, and clinical supervisor. She works with her clients to use their own inner wisdom to develop a style of eating that works for their unique body and lifestyle. Her training includes nutrition science, psychology, mindfulness-based training, and elements of yoga therapeutics. She holds a holistic view of nutrition, the body, and her clients. Details about Heidi's practice, philosophy, and blog can be found at: [www.anourishingword.com](http://www.anourishingword.com).

# Individual Provider Support Groups

**Group Leader:** Sherri Snyder-Roche, MA, LMHC

**Contact Information:**

**Phone:** (508) 473-1200 x1

**E-mail:** [ssnyder.lmhc@gmail.com](mailto:ssnyder.lmhc@gmail.com)

**Name of Group:**

Feeding Our Souls

**Group Member Composition:**

Adult Females

**Day / Time of Groups:**

See website for updated information:

<http://www.integratedpsychotherapy.com/groups-workshops.html>

**Group location:**

Integrated Psychotherapy

31 Hastings Street

Mendon, MA 01756

**Payment information:**

See website for updated information:

<http://www.integratedpsychotherapy.com/groups-workshops.html>

**Parking Availability:**

There is ample parking available, which includes spots that are handicap accessible.

**Description:**

This group will focus on self-care, relaxation, meditation, developing a self-care tool-box, Kundalini Yoga, and creativity.

**Clinician Bio:**

Sherri Synder-Roche, MA, LMHC has over 26 years of clinical experience including in-patient psychiatric hospitals and residential facilities, domestic violence programs, out-patient clinics, Employee Assistance Programs, and 14 years in private practice. This diverse clinical experience provides Sherri with a strong clinical background and ability to address a variety of issues. Sherri specializes in domestic violence, anxiety disorders, eating disorders, adolescent issues, relationship concerns, and gay/lesbian issues. She incorporates yoga, meditation, mind-body approaches, the creative arts, CBT, and DBT into her clinical work. Sherrie has also been providing clinical, management and corporate trainings over the past 20 years, in addition to teaching graduate school courses at Lesley University.

# Individual Provider Support Groups

**Group Leader:** Jennifer J. Thomas, Ph.D.

**Contact Information:**

**Phone:** (617) 726-8470 (Intake Line)

**Name of Group:**

10-Session Cognitive Behavioral Therapy Group for Bingeing and Purging

**Group member composition:**

Adult male and female members

**Day / Time of Group:**

Wednesdays, from 5:00-6:15pm.

**Group location:**

MGH Eating Disorders Clinical and Research Program  
2 Longfellow Place, Suite 200, Boston, MA 02114

**Payment information:**

Insurances are accepted. Co-payments may be applicable depending on your insurance plan.

**Parking Availability:**

MGH offers limited parking for visitors at the Fruit Street, Parkman Street and Yawkey Center garages on their main campus. Additional parking options include nearby private parking garages and parking lots as well as limited street parking.

**Description:**

This 10-week skills-based group is appropriate for adults (ages 18 and up) seeking therapist and peer support to reduce bingeing and/or purging behaviors. Utilizing the cognitive-behavioral model for eating disorders, individuals will learn to identify behavioral triggers and implement individualized prevention strategies. Topics include self-monitoring tools, pros & cons of disordered eating behaviors, identification of binge triggers, binge prevention strategies, self-evaluation revolving around shape/weight, strategies for reducing body checking and avoidance behaviors, strategies for reducing feelings of fatness, reduction of rigid dietary rules, utilization of mindful eating, and planning for ongoing support and further change after the group.

**Clinician Bio:**

Jennifer J. Thomas, Ph.D. is the co-director of the Eating Disorders Clinical and Research Program at Massachusetts General Hospital and an Assistant Professor of Psychology at Harvard Medical School. She completed her Ph.D. in clinical psychology at Yale University, her pre-doctoral clinical internship at McLean Hospital, and her post-doctoral research fellowship jointly at MGH and McLean Hospital's Klarman Eating Disorders Center. The author of *Almost Anorexic: Is My or My Loved One's Relationship with Food a Problem?*, Dr. Thomas specializes in cognitive-behavioral therapy for individuals of all ages with anorexia nervosa, bulimia nervosa, and other clinical eating disorders.

# Individual Provider Support Groups

**Group Leader:** Louise Valiquette, MA, LMHC

**Contact Information:**

**Phone:** (617) 323-6160

**Name of Group:**

Eating and Body Image Support Group

**Group member composition:**

Male and female members of all ages

**Day / Time of Group:**

Wednesdays from 8:00-9:30pm.

**Group location:**

Jamaica Plain, MA 02130

**Payment information:**

Insurances are accepted; fees are \$55 per group.

**Parking Availability:**

Parking available on street.

**Description:**

This group allows for a supportive and confidential setting in which individuals can explore, learn about and share with others some of their eating and body image struggles. This is a closed on-going group, with a minimum 12-week commitment; clients are also required to be participating in individual therapy.

**Clinician Bio:**

Louise Valiquette, MA, LMHC has been in the mental health field for 25 years and in private practice, specializing in Eating Disorders, since 1995. Louise's approach is Psychodynamic, although she also incorporates Cognitive Behavioral strategies into her work as well. In addition to her specialization with treating eating and/body image concerns, Louise also has expertise in treating clients with relationship issues, grief, trauma histories, and mood disorders.



# Treatment Program Support Group



**Group Leaders:** Erin Columbia, MS, RD, LDN & Nicole Taveras, BS, MA, LMHC

**Contact Information:**

**Phone:** (617) 595-7044

**E-mail:** [info@behavioralnutrition.org](mailto:info@behavioralnutrition.org)

**Name of Group:**

Healthy Eating & Body Image Support Group

**Group member composition:**

This group is open to adult females - areas addressed are: Eating Disorders, Binge-eating behaviors, Anxiety, and Depression.

**Day / Time of Group:** Wednesdays, from 4:30-5:30pm.

**Group location:**

1266 Furnace Brook Pkwy, Suite 404, Quincy, MA 02169

**Payment information:**

Insurances are accepted; group fee is \$10 per group.

**Parking Availability:**

There is ample parking at the Behavioral Nutrition facility.

**Description:**

This adult women's group covers topics such as healthy eating habits, easy ways to incorporate high nutrient foods, the food-mood connection, self-assertiveness and communication skills, developing a healthy body image, and the powerful physical and mental benefits of self-care.

**Clinician Bios:**

Erin Columbia, MS, RD, LDN is a licensed dietitian/nutritionist who specializes in the fields of eating disorders and sports nutrition. Erin has worked at Behavioral Nutrition for 1.5 years providing individual and group nutrition counseling. Formerly, Erin was the Associate Director of Sports Nutrition for Penn State Athletics.

Nicole Taveras, BS, MA, LMHC is a licensed therapist and founder of Behavioral Nutrition, Inc. Her passion in the area of preventative medicine and experience in food and mood based treatment philosophies inspired her to open Behavioral Nutrition, a holistic mental health facility for eating disorders.

# Treatment Program Support Group



**Group Leader(s):** Renfrew Center of Boston Clinical Team

**Contact Information:**

**Phone:** 1-800-RENFREW

**Name of Group:**

Binge and Emotional Eating Group

**Group member composition:**

This group is open to adolescent/adult females.

**Day / Time of Group:**

Wednesday, from 4:30-6:00 pm

**Group location:**

The Renfrew Center of Boston: 870R Commonwealth Ave., Boston, MA 02215

\* Entrance is in the rear on Dummer Street.

**Payment information:**

Insurances are accepted and group fee is dependent upon insurance.

**Parking Availability:**

Options: Garage parking at 925 Commonwealth Avenue; public transportation is available via the Green B Line exiting at the BU West stop, or via the 57-bus; metered parking on side streets (St. Paul St., Amory St., and Comm Avenue); free 2-hour parking one block parallel on Egmont Street.

**Description:**

The Binge and Emotional Eating Group is designed to meet the therapeutic needs of individuals who turn to food as a primary source of comfort, coping and emotional fulfillment. Through a therapeutic, experiential approach to self-care, participants will learn to shift their focus from self-denigration and body hatred to self-acceptance and body appreciation, as well as transition from a weight/diet preoccupation to mindful eating. The group is based on the conviction that self-acceptance is the foundation of physical wellness and emotional health. In a safe, supportive group environment, participants develop skills to reframe their body image distortions and establish healthier more satisfying relationships with food, self, body and others.

# Treatment Program Support Group



## Group Leader(s): Renfrew Center of Boston Clinical Team

### Contact Information:

**Phone:** 1-800-RENFREW

### Name of Group:

Female Athletes Eating Disorders Group

### Group member composition:

This group is open to adolescent/adult females.

### Day / Time of Group:

Wednesday, from 7:00-8:30pm

### Group location:

The Renfrew Center of Boston: 870R Commonwealth Ave., Boston, MA 02215

\* Entrance is in the rear on Dummer Street.

### Payment information:

Insurances are accepted and group fee is dependent upon insurance.

### Parking Availability:

Options: Garage parking at 925 Commonwealth Avenue; public transportation is available via the Green B Line exiting at the BU West stop, or via the 57-bus; metered parking on side streets (St. Paul St., Amory St., and Comm Avenue); free 2-hour parking one block parallel on Egmont Street.

### Description:

Collegiate and high school female athletes often face additional pressures to feel legitimized and competitive within their sport. This group will provide a safe and supportive environment in which women can explore the unique challenges influencing eating behaviors and body image as athletes. This group will also address the underlying emotional, behavioral and interpersonal factors which impact an athletes' disordered eating and body image concerns. Individuals will develop coping skills and strategies to minimize risk, balance lifestyles and prioritize health while pursuing athletic endeavors.

Discussion topics include:navigating a performance-focused mindset, competitiveness, the pursuit of physical perfection, obsessive-compulsive behaviors, team culture, "weight cutting", depression, sexuality, low self-esteem and substance abuse.

# Specialized Support Groups



Food Addicts in Recovery Anonymous (FA) is an international fellowship of men and women who have experienced difficulties in life as a result of issues with food. Through shared experience and mutual support, members help each other to recover from the disease of food addiction. Their program of recovery is based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. There are numerous support groups throughout Massachusetts that can be found on their website.

**Contact Information:**

FA World Service Office  
400 West Cummings Park, Suite 1700  
Woburn, MA 01801  
**Phone:** (781) 932-6300  
**E-mail:** [fa@foodaddicts.org](mailto:fa@foodaddicts.org)  
**Website:** [www.foodaddicts.org](http://www.foodaddicts.org)



Overeaters Anonymous offers a program of recovery from compulsive eating using the Twelve Steps and Twelve Traditions of OA. Worldwide meetings and other tools provide a fellowship of experience, strength and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions. OA is not just about weight loss, weight gain or maintenance, or obesity or diets. It addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet.

**Contact Information:**

Massachusetts Bay Intergroup Office  
7 Central Street  
Arlington, MA 02476  
**Office:** (781) 641-2303  
**E-mail:** [info@oambi.org](mailto:info@oambi.org)  
**Website:** [www.oambi.org](http://www.oambi.org)

**Mailing Address:**

Massachusetts Bay Intergroup Office  
PO Box 74  
Arlington, MA 02476

# Group Practices

## Commonwealth Psychology Associates Boston's Behavioral Health Specialists

Commonwealth Psychology Associates is a unique, multi-disciplinary psychological counseling and behavioral health specialty center with over 30 doctoral-level psychologists, neuropsychologists and psychiatrists who offer excellent credentials, extensive clinical experience, and knowledge of the most effective therapeutic and assessment techniques.

At CPA, they offer a comprehensive range of specialty services, including: psychotherapy and counseling, behavioral medicine and health promotion, neuropsychological testing and evaluation, psychological testing, educational and learning disability evaluations, medication consultation and management, and career assessment and counseling. Clients who see a clinician in any one of their specialty areas can be assured of a comprehensive review of their needs and appropriate referrals to follow-up services, if needed. CPA's multi-disciplinary team approach assures that each client's care is highly personalized to meet his or her individual goals.

Each clinician at CPA has been selected for the unique, specialty knowledge and experience that he or she brings to client care. Their staff of doctoral-level psychologists and psychopharmacologists offers a wide range of expertise, extensive clinical experience, and knowledge of state of the art, evidence-based therapeutic and assessment approaches. Most staff members have completed formal post-doctoral fellowships in their respective specialty area and many have held or hold academic affiliations with highly regarded academic institutions including Brown University, Harvard University, Dartmouth University, and Boston University.

### **Contact Information:**

**Website:** [www.commpsy.com](http://www.commpsy.com)

### **Locations:**

#### **Back Bay, Boston**

160 Commonwealth Ave, Suite U-3  
Boston, MA 02116

**Phone:** (617) 259-1895

#### **Financial District/Downtown**

185 Devonshire Street, Suite 901  
Boston, MA 02110

**Phone:** (617) 830-1780

#### **Newton Corner**

313 Washington Street, Suite 402  
Newton, MA 02458

**Phone:** (617) 332-4500

# Group Practices



The Leggett Group is a multi-disciplinary group practice focusing on a broad range of mental health issues, including specialties in perinatal mental health, couples work, adolescent and family therapy, and more. They offer individual, couples, family, and group therapy, all with a special emphasis on using mindfulness techniques to bring a greater sense of efficacy and satisfaction to one's life. Starting with a thorough intake evaluation, their staff will work with each client to develop a unique treatment plan that is right for them, and assess its efficacy routinely throughout the course of treatment.

Each of the clinicians at the Leggett Group have been selected for their high level of training and experience; this is a group of seasoned clinicians committed to best practices and evidence-based approaches to help clients feel better as quickly as possible. This practice includes staff with the following educational backgrounds: Clinical Social Work, Licensed Mental Health Counselor, Licensed Marriage and Family Therapist, and Maternal Child Mental Health Nurse. Three of their clinicians have training and expertise in formal Cognitive Behavioral Therapy, and all are trained to incorporate CBT skills into their therapeutic work. And though several staff can support clients with disordered eating, they do have two clinicians with extensive expertise in treating students struggling with all types of eating disorders.

The Leggett Group also maintains a strong support group practice. One group specifically for those with body image and/or eating concerns is: **Healthy Selves: Body Image Acceptance and Managing Emotional Eating**. This is an 8-week group designed for those seeking a greater sense of body image acceptance, and that would like to lessen their use of food as an emotional coping mechanism.

In addition to the clinical support provided, the Leggett Group is also available to develop workshops on a variety of topics for your campus community, as well as assist your staff in crisis situations, and via clinical consultations.

Their office is accessible by both bus and Commuter Rail, and is fully handicapped accessible.

**Contact Information:**

The Leggett Group  
4238 Washington Street, Suite 316  
Roslindale, MA 02131

**Intake Line:** (857) 273-2123 x0

**Website:** [www.theleggettgrouptherapy.com](http://www.theleggettgrouptherapy.com)

# Group Practices



Metrowest Nutrition is a nutrition counseling and consulting practice comprised of experienced registered dietitians. With offices in Newton Center and Framingham, they are committed to helping individuals and organizations throughout the MetroWest / Boston area reach optimum health and wellness.

All of the dietitians at Metrowest Nutrition have advanced degrees in clinical nutrition and are credentialed through the American Dietetic Association. They have a great deal of experience working with eating disorders and can provide nutrition counseling and experiential tools for recovery. Metrowest Nutrition treats all types of eating disorders including anorexia, bulimia, compulsive overeating and binge-eating disorder. Their goal is to help clients move towards healthy relationships with food and exercise. Treatment is individualized and integrates components of cognitive behavioral therapy, dialectical behavioral therapy, internal family systems, the Maudsley Method and mind-body work. Metrowest Nutrition works in collaboration with all members of one's multi-disciplinary treatment team.

## **Contact Information:**

### **Newton:**

1400 Center Street, Suite 207  
Newton, MA 02459

### **Framingham:**

945 Concord Street, Suite 117  
Framingham, MA 01701

**Phone:** (617) 332-2282

**Fax:** (617) 244-0884

**E-mail:** [info@metrowestnutrition.com](mailto:info@metrowestnutrition.com)

**Website:** [www.metrowestnutrition.com](http://www.metrowestnutrition.com)



## NWEDBMED

The Newton-Wellesley Eating Disorders and Behavioral Medicine Program provides carefully coordinated, outpatient behavioral health services for individuals suffering from Eating Disorders and their families, as well as Cognitive Behavior Therapy for individuals experiencing Anxiety & Depressive Disorders. This program also provides individual consultation, individual psychotherapy, couples and family treatment, psychiatric evaluation and psychopharmacologic treatment (for individuals already receiving counseling in their practice), nutrition counseling and intensive case coordination.

## **Contact Information:**

1330 Beacon Street, Suite 225, Brookline, MA 02446

10 Langley Road, Suite 200, Newton Centre, MA 02459

**Phone:** (617) 332-2700 x2 (New Intake/Consultation Line)

**Fax:** (617) 277-4752

**Website:** [www.nwedbmed.com](http://www.nwedbmed.com)

# Group Practices



## O'Connor Professional Group

O'Connor Professional Group (OPG) offers case management services to address the needs of families and individuals with behavioral health issues (such as addiction, eating disorders, mental illness, etc.). Through a combination of education, access to trusted professionals, care coordination, referrals to resources and long-term, community-based monitoring, O'Connor Professional Group works with families to develop effective coping methods and achieve improved health outcomes. OPG takes a family systems approach and works with the person recovering from an eating disorder as well as his or her family. They pride themselves on offering tailored services to address the specific needs of each case.

Services for those with an eating disorder include the following: assistance with forming a comprehensive treatment team that addresses medical, nutritional, and psychological needs; coordination and facilitation of communication with outpatient treatment team members, weekly in-person meetings, supportive meal supervision, including post-meal distraction, behavioral rehearsal of new coping skills, skills coaching by phone in times of moderate crisis/risk of relapse, and assistance with life skills.

Services for families includes: psycho-education on eating disorders and ways to appropriately support one's family member in recovery; treatment recommendations and formulation of a family care plan; care coordination; tracking and reporting of progress; assistance managing crisis situations, referrals to family-focused resources, increasing communication within the family, assistance with approaching high-risk situations, and support with daily logistics, such as insurance issues.

### **Contact Information:**

O'Connor Professional Group  
65 Sprague Street  
West Lobby B  
Hyde Park, MA 02136

**Website:** [www.oconnorprofessionalgroup.com](http://www.oconnorprofessionalgroup.com)

### **Arden O'Connor, MBA**

**Founder, CEO**

**Phone:** (617) 910-3940 x300

**E-mail:** [aoconnor@oconnorpg.com](mailto:aoconnor@oconnorpg.com)

### **Fiona LaRosa-Waters**

**Case Manager / Recovery Coach**

**Phone:** (617) 910-3940 x308

**E-mail:** [flarosa-waters@oconnorpg.com](mailto:flarosa-waters@oconnorpg.com)



# Group Practices



College of Health & Rehabilitation Sciences  
Sargent College

The Sargent Choice Nutrition Center (SCNC) includes seven Registered Dietitian Nutritionists (RDNs) with advanced degrees and specialized training in eating disorders. Their providers also have specific expertise in associated and co-occurring concerns including: the female athlete triad, digestive disorders, food allergies, and vegetarian nutrition. SCNC staff offer clients the most current, evidence-based, outpatient and transitional nutrition care clinically available. One unique aspect of this practice is that their clinical center is part of Boston University, a leading research institution with undergraduate and graduate programs in nutrition.

The nutrition care philosophy of the SCNC is based on the knowledge that nutrition provides the underlying strength to fully engage in treatment, speed physical healing, overcome daily challenges, and achieve individual life goals. This results in nutrition care for eating disorders becoming a unique, collaborative process between the individual, the RDN, and each member of the multidisciplinary care team. Confidence in meal planning, food shopping, dining out, and eating in social situations is essential for lasting recovery. A variety of evidence-based tools are used to help individuals achieve a balanced, flexible, and ultimately autonomous relationship with food.

The Sargent Choice Nutrition Center welcomes referrals from surrounding high schools, colleges, and universities. Their RDNs are credentialed providers with most major insurance companies, including Aetna, Blue Cross Blue Shield, Harvard Pilgrim Health Care, Tufts Health Plan, and United Healthcare. The SCNC is located directly across from the MBTA 'B' branch of the Green Line via both the Blandford and BU East stops. (Parking is available on the street and in adjacent lots).

For further information on this practice and/or to make an initial appointment, please call (617) 353-2721.

**Contact Information:**

Boston University Sargent Choice Nutrition Center  
635 Commonwealth Avenue, 6th Floor  
Boston, MA 02215

**Phone:** (617) 353-2721

**Fax:** (617) 358-5460

**E-mail:** [scnc@bu.edu](mailto:scnc@bu.edu)

**Website:** [www.bu.edu/scnc](http://www.bu.edu/scnc)

# Group Practices



Soolman Nutrition and Wellness LLC is a nutrition counseling practice featuring Jonah Soolman, RD, LDN, ACSM-HFS, NSCA-CPT and Joanne Levy Soolman, MS, RD, LDN. With an office in the heart of Wellesley Center, the Soolmans are committed to and passionate about helping the residents of southeastern New England develop a healthier relationship with food and their bodies. Joanne and Jonah enjoy providing nutrition counseling for individuals with a wide range of backgrounds and medical conditions including, but not limited to, eating disorders (including anorexia, bulimia, compulsive overeating and binge eating disorder), disordered eating, weight concerns, food allergies, high blood pressure, high cholesterol, insulin resistance, type 2 diabetes, hypoglycemia and athletic performance. Soolman Nutrition and Wellness LLC keeps in close communication with the various members of each client's treatment team, and they accept a number of insurance plans.

**Contact Information:**

Soolman Nutrition and Wellness LLC

Joanne Levy Soolman, MS, RD, LDN

Jonah Soolman, RD, LDN, ACSM-HFS, NSCA-CPT

555 Washington Street, 2nd Floor Wellesley, MA 02482

**Phone:** (781) 237-0470

**E-mail:** [info@soolmannutrition.com](mailto:info@soolmannutrition.com)

**Website:** [www.soolmannutrition.com](http://www.soolmannutrition.com)

# College Mental Health Program



## McLean *Klarman Eating Disorders Center*

HARVARD MEDICAL SCHOOL AFFILIATE

**The McLean College Mental Health Program (CMHP)**, established in 2008, is designed to help college students with mental illness and adjustment issues live more productive lives by providing the highest level of psychiatric care. By working closely with college students, their families, and their institutions of higher education, the program works to ensure the greatest probability of academic success.

The CMHP accomplishes its mission through a range of consultation services to college and university administrators, student affairs professionals, and mental health providers. As institutions of higher education seek to address campus mental health challenges in preventive and innovative ways, the CMHP offers guidance regarding effective resources, programming, policies and practices.

### **SAMPLE CONSULTATION TOPICS:**

#### **SYSTEMIC:**

Evaluation of campus mental health services for existing strengths and weaknesses; coordinating campus- and community-based services and communication on behalf of students with mental illness; strategic design, placement, and integration of mental health educational resources; decreasing campus stigma and increasing campus dialogue; integrating multicultural variables into campus mental health outreach, prevention, and intervention.

#### **STUDENT-FOCUSED:**

Supporting enrolled students and students returning from medical leave; effective collaboration with student mental health organizations; engaging student media for responsible coverage of campus suicide and prevention efforts; working more effectively with unique student populations (e.g., international students and their families, GLBTQIA community, student athletes, Greek students, and first-year students).

#### **PROGRAMMATIC:**

Strategies for effective academic and mental health advocacy within the context of confidentiality, right to privacy, and fear of stigma; workshops on mental illness as a silent disability; helping to establish a “stigma-free” zone in the Dean of Students office; implementing an effective mental health withdrawal and readmission process and policy.

#### **Contact Information:**

College Mental Health Program  
Stephanie Pinder-Amaker, PhD: Director  
McLean Hospital  
115 Mill Street  
Belmont, MA 02458  
**Phone:** (617) 855-2921

**E-mail:** [spinder-amaker@partners.org](mailto:spinder-amaker@partners.org)

**Website:** [www.mcleanhospital.org/education-training/CMHP](http://www.mcleanhospital.org/education-training/CMHP)

# Educational and Wellness Program



Semester Off is an innovative, group-based, educational enrichment program crafted specifically for college students taking a semester- or year-long leave of absence from college. Our mission is to create a life-changing experience that empowers each student either to complete college or to define another, alternative path, which is more in line with his/her talents, future goals and objectives. Drawing from Eastern and Western traditions and the most recent advances in mental health care, the Semester Off curriculum provides students with a supportive and challenging environment where they can better understand what interfered with their earlier attempt, or attempts, at college. Semester Off is a nurturing environment designed to support students with or without eating disorders transition back to college.

The program integrates academics, career counseling, community service, wellness practices (including yoga, meditation and cardiovascular exercise), executive functioning coaching and group team building. It is specifically designed to be both enriching and fun. In essence, it is a place for students to pause, contemplate, learn valuable skills and begin mapping a new trajectory for their academic, social and professional lives.

Similar to an academic semester, the Semester Off program is 10 to 14 weeks in length and runs Monday through Friday from 9:00 am to 5:00 pm. While much of this time is structured, there is also self-directed and elective time built into each day. Semester Off is conveniently located in Wellesley, MA, approximately 1/2 mile from Route 95, and within easy walking distance to numerous restaurants, cafes, green space along the Charles River and the commuter rail. The atmosphere inside the facility is warm and inviting and promotes serenity as well as productivity. Students live off-campus, but, for those who do not live in the Boston area, Semester Off can assist in matching students with appropriate local housing options.

Founder Ilan P. Goldberg, MD, is a board-certified psychiatrist and medical ethicist who maintains a private practice in the Boston area. Semester Off is Dr. Goldberg's solution to fill a void, giving students taking time away from college the type of support they need in the nonjudgmental environment they deserve.

## **Contact Information:**

Semester Off

40 Washington Street, Suite 30

Wellesley Hills, MA 02481

**Phone:** (781) 318-3223

**Fax:** (781) 318-8150

**E-mail:** [info@SemesterOff.com](mailto:info@SemesterOff.com)

**Website:** [www.SemesterOff.com](http://www.SemesterOff.com)

# Eating Disorder Treatment Programs



Arbour-HRI Hospital maintains a Women's Partial Hospitalization Program offering treatment for co-occurring psychiatric and eating disorders. This includes binge eating, bulimia, anorexia, and other eating disorders. The program provides strategies, insight and skills to help navigate the terrain of recovery. Their program offers: five day programming from 9:45am-2:30pm; five group therapy sessions per day; psychopharmacology consultations for management of symptoms, individual sessions with a therapist and case manager, and nutritional consultation. (Patients accepted to the program should be at or above 85% of their ideal body weight).

**Contact Information:**

Women's Partial Hospitalization Program  
227 Babcock Street  
Brookline, MA 02446

**Intake Department:** (800) 222-2237

**Website:** [www.arbourhealth.com/wp-content/uploads/HRI-Womens-PHP1.pdf](http://www.arbourhealth.com/wp-content/uploads/HRI-Womens-PHP1.pdf)



There is a General PHP, which is located at 48 Sanderson Street in the Outpatient Services Building of Baystate Franklin Medical Center. It is a day treatment program for adults, ages 18 and up, who are experiencing acute emotional distress. Open Monday-Friday from 9 am to 2:30pm, this daytime PHP provides group therapy, psychiatric evaluation and medication monitoring, weekly treatment planning and aftercare planning. PHP's services include treatment for eating disorders, trauma and dual diagnosis (mental health and substance abuse), as well as general psychiatric issues. Clients attend PHP three to five days a week. Most insurance plans cover PHP. In addition, they also offer free transportation to most parts of Franklin County.

**Contact Information:**

Baystate Franklin Medical Center  
164 High Street  
Greenfield, MA 01301

**Website:** [baystatehealth.org/Baystate/Main+Nav/Clinical+Services/Departments/Behavioral+Health+Services](http://baystatehealth.org/Baystate/Main+Nav/Clinical+Services/Departments/Behavioral+Health+Services)

\* Call Behavioral Health's Central Intake at (413) 773-4444 to schedule an initial appointment. For additional information about these programs, call (413) 773-2546.

# Eating Disorder Treatment Programs



Behavioral Nutrition Inc. is an individualized Licensed Eating Disorder Facility that integrates a unique expertise in Behavioral Counseling and Medical Nutrition, to treat and support individuals who struggle with eating disorders and poor body image. In addition to individual outpatient services, Behavioral Nutrition offers Intensive Outpatient Programs (IOP) for Adults and Adolescents and a Partial Hospitalization Program (PHP) for Adults. The different IOP's include an Adolescent and Adult Anorexia & Bulimia IOP as well as a separate Binge-Eating & Compulsive Over-Eating IOP. The intimate size (up to 7 patients) of the IOP and PHP groups enable patients to have an individualized approach to their eating disorder treatment with a more profound connection to the program and staff, promoting long-term recovery. Their registered and licensed dietitians apply medical nutrition therapy to support patients' nutrient needs, providing individualized recommendations around specific foods and/or high-quality, research-supported nutritional supplements.

**Contact Information:**

1266 Furnace Brook Parkway, Suite 404  
Quincy, MA 02169

**Phone:** (617) 595-7044

**Fax:** (888) 434-5097

**E-mail:** [info@behavioralnutrition.org](mailto:info@behavioralnutrition.org)

**Website:** [www.behavioralnutrition.org](http://www.behavioralnutrition.org)



The Eating Disorders Program at Boston Children's Hospital unites specialists in Adolescent Medicine, mental health services and nutrition to care for a child's unique needs, from the medical and the nutritional to the psychological. The team of health care providers offer a range of services to support adolescents and young adults, including consultation, medical evaluation, medical treatment, mental health consultation, nutrition evaluation and counseling and psychiatric evaluation. In addition to all the services above, they also provide inpatient medical care for adolescents struggling with eating disorders.

**Contact Information:**

Adolescent / Young Adult Program  
333 Longwood Avenue, 5th Floor  
Boston, MA 02115

**Phone:** (617) 355-7178 (Intake Line)

**Fax:** (617) 730-0185

**Website:** [www.childrenshospital.org/centers-and-services/programs/adolescent-young-adult/eating-disorders-program](http://www.childrenshospital.org/centers-and-services/programs/adolescent-young-adult/eating-disorders-program)

To schedule an initial eating disorder assessment at one of the other BCH locations (Lexington, Peabody or Waltham), please call their Intake Line at: (617) 355-7178.

# Eating Disorder Treatment Programs



The **MGH Eating Disorders Clinical and Research Program** provides individual and group-based outpatient evaluation, consultation, and treatment for children, adolescent, and adult patients seeking assistance for an eating disorder. Their mission is to provide and to model excellent clinical care for patients and families affected by an eating disorder. Treatments offered include cognitive behavioral therapy, family-based treatment, CBT guided self-help, CBT group program, parent psychoeducational program, and psychiatric medication management. The MGH Eating Disorders Clinical and Research Program is also committed to the generation and dissemination of knowledge for understanding, preventing, and treating eating disorders through clinical consultation, professional training, and research.

**Contact Information:**

Eating Disorders Clinical and Research Program  
2 Longfellow Place, Suite 200  
Boston, MA 02114

**Phone:** (617) 726-8470

**Website:** [www.massgeneral.org/eatingdisorders](http://www.massgeneral.org/eatingdisorders)

Adolescents and young adults, from 12 years of age through their 20s, may come to the **Division of Adolescent and Young Adult Medicine at MassGeneral Hospital for Children** with complex medical or psychosocial problems, or to obtain primary medical care. Their team treats patients with needs in several areas, including eating disorders and weight management. The Division works closely with the MGH Eating Disorders Clinical and Research Program and offers on-site nutritional consultation to provide comprehensive care for patients struggling with anorexia, bulimia, binge eating, avoidant/restrictive intake disorder, and related disorders. At MassGeneral for Children at Newton-Wellesley Hospital, Adolescent Medicine physicians care for adolescent inpatients with eating disorders. Also, Adolescent Medicine physicians hold weekly evening clinics at Newton-Wellesley Hospital. Please call (617) 243-6800 to make appointments for these sessions.

**Contact Information:**

Yawkey Center for Outpatient Care  
Suite 6D  
32 Fruit Street  
Boston, MA 02114

**Phone:** (617) 643-1201

**Fax:** (617) 724-0581

**Website:** <http://www.massgeneral.org/children/services/treatmentprograms.aspx?id=1573>

# Treatment Facilities



The **Cambridge Eating Disorder Center (CEDC)**, located in beautiful Cambridge, Mass., is dedicated to providing the highest quality continuum of care in a community setting to both adolescent and adult females and males struggling with eating disorders. Founded in 2000 by Dr. Seda Ebrahimi, CEDC has grown to offer a full spectrum of treatment options including:

- **Residential:** (24-hour care for those requiring the highest level of supervision. Housed on two-floors, one for adolescents and one for adults)
- **Partial Hospital:** (Full day-time treatment with the flexibility of living at home. Runs Monday through Saturday from 9am-3:30pm. One track for adults, one track for adolescents)
- **Intensive Outpatient:** (Held in the afternoon from 11:30am-2pm and again in the evening from 5:30-8:30pm. Separate tracks for adolescents and adults)
- **Outpatient** (Consultations, Individual Therapy, Family Therapy, Nutritional Counseling)
- **Transitional Living:** (Serving females 18 & older. Provides support services and independence in a beautiful housing arrangement in Harvard Square.)

Our comprehensive and coordinated approach to treatment has earned CEDC the reputation for individualized quality care and fostering lasting recovery. Our reputation has spurred our growth from a regional program to a nationally renowned treatment program for eating disorders.

## **Cambridge Eating Disorder Center**

**Address:** 3 Bow Street, Cambridge, MA 02138

**Phone:** (617) 547-2255

**E-mail:** [info@CEDCmail.com](mailto:info@CEDCmail.com)

**Website:** [www.eatingdisordercenter.org](http://www.eatingdisordercenter.org)

**Facebook:** <https://www.facebook.com/eatingdisordercenter>

**Twitter:** [@EatingDisordrMA](https://twitter.com/EatingDisordrMA)



# Treatment Facilities



*McLean Klarman Eating Disorders Center*  
HARVARD MEDICAL SCHOOL AFFILIATE

**The Klarman Center** develops treatment plans that are individualized for patients at each level of care and are based on a therapeutic contract. The contracts are created with the patient, in her own words, focusing on her treatment and life goals and are collaboratively shared with her family and the center's staff. This approach is effective toward meeting the challenges of life after being discharged. Treatment plans are continually monitored, discussed and re-negotiated as progress is made. Girls and young women are taught the skills to manage their physical and mental health and to change problematic behaviors by increasing their self-awareness. They develop healthy relationships with food and their bodies, whereby paving the way to recovery.

## **Comprehensive Treatment and Therapeutic Modalities:**

Medical, psychiatric, psychological, and nutritional evaluation; monitoring of labs, vital signs, bathroom use, weight and physical health; nutrition education and counseling by a registered dietician; individual psychotherapy (three times per week); family therapy (one to two times per week); daily milieu and group therapy; expressive arts therapy; psychiatric and psychopharmacological consultation; impulse control and anger management training; social and interpersonal relationship skill-building; menu and meal planning, cooking and kitchen preparation; self-esteem and body image development; evidence-based treatment; academic assistance with tutoring for high school students and separate assessments for transition to college/return to college; specialized consultations for trauma and substance abuse; transition and discharge planning; restaurant outings, pet therapy, and Yoga.

## **Patient Support Network**

**The Klarman Center** believes that family involvement is crucial to understanding the impact of the illness on a patient's and family's life and is essential to supporting her healthy recovery. We engage parents, siblings and loved ones in therapy, education and close communication to help realize this common goal.

## **The Klarman Center**

Address: Bowditch, 115 Mill Street, Belmont, MA 02478

Phone: (617) 855-3410

E-mail: [mcleanklarman@partners.org](mailto:mcleanklarman@partners.org)

Website: <http://www.mcleanhospital.org/programs/klarman-eating-disorders-center>

# Treatment Facilities



*The Renfrew Center, established in 1985 in Philadelphia, is celebrating its 30th Anniversary as the first free-standing residential treatment facility in the United States exclusively dedicated to the treatment of women with eating disorders.* Renfrew provides a comprehensive range of services in California, Connecticut, Florida, Georgia, Illinois, Maryland, Massachusetts, New Jersey, New York, North Carolina, Pennsylvania, Tennessee, and Texas. Programs and services vary by site and include: Residential; Day Treatment; Intensive Outpatient; Group Therapy; Individual, Family, and Couples Therapy; Nutrition Therapy and Psychiatric Consultation. The Renfrew Center integrates relational principles and practice with the latest developments in the effective treatment of patients with eating disorders. Renfrew is a preferred provider for most health insurance and managed care companies and works with individuals to create a financial plan that meets the needs of each prospective patient. Renfrew's training programs have reached more than 25,000 healthcare professionals to date and are designed to enhance the knowledge and skills needed to treat these complex disorders.

**The Renfrew Center of Boston**, like all of its centers, specializes in the treatment of anorexia, bulimia, binge eating disorder, and related mental illnesses. Programming at The Renfrew Center of Boston consists of a comprehensive range of services, including day treatment, intensive outpatient and group therapy.

**Locations in New England include:**

**The Renfrew Center of Boston**

870R Commonwealth Avenue

Boston, MA 02215

**Office:** (617) 278-6380

**The Renfrew Center of Connecticut**

1445 East Putnam Avenue

Old Greenwich, CT 06870

**Office:** (203) 834-5020

**Referral Line:** 1-800-RENFREW (1-800-736-3739)

**Website:** [www.renfrewcenter.com](http://www.renfrewcenter.com)

# Treatment Facilities



**Walden Behavioral Care** is a national leader in the treatment of eating disorders and psychiatric issues. Walden's success comes from its "whole health" approach, which considers every aspect of each patient's healthcare needs including: medical issues, psychiatric issues, co-occurring disorders, behavioral treatment, nutrition, and the environment in which the patient is treated. Walden recognizes that one type of treatment will not fit the needs of every patient and that each patient enters treatment with different types of disorders, and at different stages of an eating disorder or psychiatric disorder. For this reason, Walden's "continuum of care" approach adapts treatment to match the changing needs of patients as they progress toward recovery. For patients with eating disorders, Walden's continuum of care includes: in-patient treatment (Waltham), residential treatment (Waltham), partial hospitalization and intensive outpatient (at all Walden Behavioral Care Massachusetts locations: Waltham, Northampton, Worcester, and Braintree).

**Contact Information:**

Walden Behavioral Care  
9 Hope Avenue, Suite 500  
Waltham, MA 02453

**General Line:** 781-647-6700

**Admissions:** 781-647-6727

**E-mail:** [info@waldenbehavioralcare.com](mailto:info@waldenbehavioralcare.com)

**Website:** [www.waldenbehavioralcare.com](http://www.waldenbehavioralcare.com)

**Clinic Sites:**

Walden Behavioral Care – Amherst Clinic  
100 University Drive  
Amherst, MA  
**Office:** (413) 582-0100

Walden Behavioral Care – Worcester Clinic  
335 Chandler Street  
Worcester, MA  
**Office:** (508) 796-5797

Walden Behavioral Care – Braintree Clinic  
150 Grossman Drive, Suite 404  
Braintree, MA  
**Office:** (781) 380-0695

Walden Behavioral Care – Peabody Clinic  
2 Corporation Way, Suite 260  
Peabody, MA 01960  
**Office:** (978) 531-2904

# Eating Disorder Research Programs



**Boston Children's Hospital Adolescent/Young Adult Clinic** offers research studies to all of its patients up to age 26. Research opportunities within the clinic include studies of anorexia and bone health, gynecologic health, and long-term studies of women's health. Studies range from a single visit to multiple visits at Boston Children's Hospital and may include at home participation. Compensation ranges from \$10 to \$300 and may include transportation reimbursement. (For more information about their studies, please contact Research Coordinator Jenny Sadler through e-mail at: [jenny.sadler@childrens.harvard.edu](mailto:jenny.sadler@childrens.harvard.edu)).

**Contact Information:**

Adolescent Clinic - Research  
Boston Children's Hospital  
300 Longwood Avenue, LO645  
Boston, MA 02115

**Intake Line:** (617) 355-7959



**The Female Athlete Program at BCH**, comprised of leaders in sports medicine, cares for athletes of all ages—from elite professionals to eager novices—and stands out in the nation for its specialized care and research in areas such as the Female Athlete Triad treatment, knee and ACL injuries, stress fractures, bone health and nutrition. Their clinical team of sports medicine experts focus on the holistic and complex needs of female athletes, carefully assessing hormonal balance and exercise habits of each young woman.

**Contact Information:**

Division of Sports Medicine  
Boston Children's Hospital  
319 Longwood Avenue  
Boston, MA 02115

**Intake Line:** (617) 355-3501 x2



**The Neuroendocrine Unit at MGH** offers clinical research studies for women and teenage girls with anorexia nervosa between the ages of 14 and 45 years of age. They are investigating a variety of health concerns related to anorexia nervosa, including the genetic factors associated with anorexia nervosa, treatments for bone loss, treatments for anxiety and depression and causes of bone loss. The studies include visits at MGH ranging from a single visit to multiple visits over the course of twelve months and compensation ranges from \$25 to \$750. (For more information about their studies, please contact Meghan Slattery, NP through e-mail at: [msslattery@mgh.harvard.edu](mailto:msslattery@mgh.harvard.edu)).

**Contact Information:**

Neuroendocrine Unit - Massachusetts General Hospital  
55 Fruit St, BUL 457B  
Boston, MA 02114

**Intake Line:** (617) 726-0267

# Additional Northeast Resources



## Introduction to Northeast Resources

In this section, we will list eating disorder resources that are found in other parts of the Northeast. Please let us know if there are additional programs that you feel should be included in this treatment directory. (As this guide will be updated on a regular basis, please refer back to this resource each time you are seeking support for yourself, a loved one, or current client in your care).

Also, if you are still in need of guidance with creating an outpatient eating disorder treatment team, or locating a treatment facility outside of New England, please do not hesitate to contact us at: [info@hynesrecovery.com](mailto:info@hynesrecovery.com), so that we can support you in this process.

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*The content of this guide is for informational purposes only. Hynes Recovery Services does not recommend or endorse any of the treatment resources included in this directory. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment, and we do not warrant or represent in any way the accuracy or medical approval of any of these treatment resources. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a suspected or actual medical condition and its treatment.*

# Connecticut



**Center for Discovery New England** is an adolescent eating disorder residential treatment program. Their program is dedicated solely to the treatment of adolescent females and males, ages 11 to 17. Their residential treatment program is both individualized to each resident and intensive. Center for Discovery New England is under twenty-four hour supervision and is exceptionally effective at understanding the destructive behaviors and underlying emotional issues of binge eating, bulimia, anorexia, and other complex disordered eating. Every member of the Center for Discovery team has a deep commitment to the well being and healing of adolescents and their families.

At Center for Discovery, their belief is that adolescents with eating disorders need specialized treatment. They provide the individualized treatment to affect emotional, behavioral, social and spiritual growth for residents and their families. Since 1997, Center for Discovery has achieved a legacy of successfully helping adolescents with eating disorders and their families. They have been and continue to be dedicated to helping adolescents achieve long-term recovery from eating disorders. As part of that dedication, their eating disorder program is one of few in the country that also treats adolescent boys. Center for Discovery treatment programs are designed to be intensive interventions with family involved in the treatment process. Family involvement allows the adolescents to achieve optimal results and return home more quickly.

Residential treatment at Center for Discovery New England takes place in a closely supervised, nurturing, and structured environment. Center for Discovery New England is a home-like treatment setting that focuses on the treatment concerns of adolescents with eating disorders. Treatment is provided by a multi-disciplinary team of highly specialized and licensed psychiatrists, physicians, therapists, dieticians, and counselors. Their entire staff is dedicated to providing the highest level of care for adolescents. Eating disorder treatment includes hands-on practical training for nutrition and food preparation on a daily basis as well as regular individual therapy, family therapy, and group therapy sessions.

If an adolescent is facing an eating disorder that is affecting them and their entire family, take comfort that Center for Discovery is a leader in the field of adolescent residential treatment. They know that seeking residential treatment for an adolescent eating disorder can be a difficult decision. To learn more about their program, please call **(866) 377-9962**.

# Connecticut



*The Renfrew Center, established in 1985 in Philadelphia, is celebrating its 30th Anniversary as the first free-standing residential treatment facility in the United States exclusively dedicated to the treatment of women with eating disorders.* Now with sixteen locations throughout the country, Renfrew has provided more than 65,000 women with the tools they need to succeed — in recovery and in life. In a warm and nurturing environment, Renfrew provides a full continuum of care, including Residential, Day Treatment, Intensive Outpatient, Group Therapy, Individual Therapy, Family Therapy, Couples Therapy, Nutrition Therapy and Psychiatric Consultation. Renfrew has contracts with most managed care companies and is a preferred provider for many major insurance companies.

**The Renfrew Center of Connecticut**, like all of its centers, specializes in the treatment of anorexia, bulimia, binge eating disorder, and related mental illnesses. Programming at The Renfrew Center of Connecticut consists of a comprehensive range of services, including day treatment, intensive outpatient and group therapy.

## **The Renfrew Center of Connecticut**

1445 East Putnam Avenue  
Old Greenwich, CT 06870

**Office:** (203) 834-5020

**Referral Line:** 1-800-RENFREW (1-800-736-3739)

**Website:** [www.renfrewcenter.com](http://www.renfrewcenter.com)



**Walden Behavioral Care** is a national leader in the treatment of eating disorders and psychiatric issues. Walden's success comes from its "whole health" approach, which considers every aspect of each patient's healthcare needs including: medical issues, psychiatric issues, co-occurring disorders, behavioral treatment, nutrition, and the environment in which the patient is treated. Walden recognizes that one type of treatment will not fit the needs of every patient and that each patient enters treatment with different types of disorders, and at different stages of an eating disorder or psychiatric disorder. For this reason, Walden's "continuum of care" approach adapts treatment to match the changing needs of patients as they progress toward recovery. For patients with eating disorders in Connecticut, Walden's continuum of care includes a partial hospitalization program, an intensive outpatient program, an intensive outpatient program specifically to treat Binge Eating Disorder, and outpatient support groups in South Windsor for males and females 12+.

## **Walden Behavioral Care – South Windsor Clinic**

2400 Tamarack Avenue, Suite 203  
South Windsor, CT 06074

**Phone:** (860) 533-4672

**E-mail:** [info@waldenbehavioralcare.com](mailto:info@waldenbehavioralcare.com)

**Website:** [www.waldenbehavioralcare.com](http://www.waldenbehavioralcare.com)

# Maine



The Eating Disorders Association of Maine, Inc., a non-profit organization, is dedicated to promoting health and wellness at every size, body acceptance, and the prevention of eating disorders and disordered eating throughout Maine. They provide identification of resources, training, education, awareness, and support for individuals, families, treatment providers and communities throughout the state. EDAM's website also offers both a Provider/Treatment Directory and a list of training opportunities throughout the state of Maine.

EDAM's primary goals are to facilitate collaboration among professionals, to provide resources and training opportunities for treatment providers, and to connect people who need treatment with trained professionals throughout Maine. As a membership organization, EDAM has invited those with specialized training and experience treating eating disorders to become more accessible to potential clients, and to network with other members with the goal of raising the quality of treatment and collaboration in Maine.

### **Contact Information:**

Eating Disorders Association of Maine (EDAM)  
3 Fundy Road, Suite 2  
Falmouth, Maine 04105

**Phone:** (207) 230-0170

**E-mail:** [info@maineeatingdisorders.org](mailto:info@maineeatingdisorders.org)

**Website:** [www.maineeatingdisorders.org](http://www.maineeatingdisorders.org)



### **ART OF AWARENESS**

Art of Awareness, Inc., is run by a collaboration of therapists, and provides individual, couples, family, and group therapy for a range of mental health issues including: life transitions, interpersonal concerns, eating disorders, trauma related disorders, depression, anxiety disorders, Obsessive Compulsive Disorder, substance abuse, LGBT concerns, and grief and loss. In addition, this program also offers an IOP, which provides treatment to clients in need of a higher level of care and support in a comfortable, home-like environment. The IOP meets 3 nights a week for 3 hours each night. Treatment focuses on the following topics: *Coping Skills, Emotional Regulation, Relationship Skills, Self-Esteem, Creative Expression, and Body Wellness.*

### **Contact Information:**

Art of Awareness, Inc.  
813 Broadway  
South Portland, ME 04106

**Phone:** (207) 799-1331

**Fax:** (207) 799-1350

**Website:** [www.artofawareness.org](http://www.artofawareness.org)



# Maine



The Eating Disorders Treatment Program at Mercy Hospital actively engage clients in treatment utilizing specialized clinicians and resources to effectively address a broad range of patient needs. They offer a range of treatment settings to best match the intensity of care required to meet client needs. Levels of care include:

## **Acute Medical Care**

Patients are treated on the acute medical floor for stabilization at Mercy Hospital until they are able to participate in the Eating Disorder Partial Hospitalization Program.

## **Partial Hospitalization Program (PHP)**

This intensive, non-residential program is offered Monday through Friday for clients who are medically stable. Participants attend an 8-hour day program including two meals and snacks. Services include:

- Medical assessment and stabilization
- Nutritional assessment, management, and support
- Normalized eating with supervision and support
- Psychiatric evaluation and treatment
- Medical evaluation and management
- Family therapy and support
- Recreation therapy, including body image work, mindfulness and relaxation training
- Individual and group psychotherapy
- Spiritual counseling

## **Intensive Outpatient Program (IOP)**

This program is designed as a step down for clients who have been in the PHP. Level of care is accessed via the PHP or outpatient program when additional group support is needed. The focus of treatment in IOP is transitioning from partial hospitalization issues to early recovery relapse prevention.

## **Outpatient Counseling**

Individual outpatient counseling is available to clients who, upon assessment, have an eating disorder as their primary diagnosis.

## **Contact Information:**

The New England Eating Disorders Program  
144 State Street  
Portland, ME 04101

**Phone:** (207) 879-3795

**Website:** <http://mercyhospital.org/health-care-services/new-england-eating-disorders-need-program>

# New Hampshire

## The Center for Eating Disorders Management, Inc.

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The DOVE program (part of the Center for Eating Disorders Management – CEDM) provides clients suffering from a wide range of eating disorders with medical, nutritional, psychological and spiritual treatment in a peaceful, rural atmosphere.

Their outpatient and intensive outpatient treatment programs provide state of the art care to clients in an early stage of an eating disorder, as well as to those who are either medically compromised, or whose psychological and/or behavioral functioning is significantly impaired. (Please note that the DOVE outpatient and intensive outpatient programs are not appropriate for clients who are suicidal, or medically unstable).

The DOVE program provides all the necessary treatment components under one roof, in a structured, supportive environment. Eating disorder recovery coaching and cognitive behavioral therapy is incorporated into all aspects of care. Members of the treatment team also meet regularly for formal case management meetings to closely coordinate client care.

The family support group and family/couple psychotherapy sessions are important components of the client’s comprehensive treatment plan. Participation in these additional group sessions is essential to a successful treatment outcome for each client. In addition, a “ Friends and Family” group is held the first Thursday of each month from 5:30-7:00pm.

### **Contact Information:**

The Center For Eating Disorders Management, Inc.

360 Route 101, Unit 10

Pine Tree Place

Bedford, NH 03110

**Phone:** (603) 472-2846

**Fax:** (603) 472-2872

**Website:** <http://www.cedm-inc.com/>

# New Hampshire



## **Eating Disorders Institute:**

The Eating Disorders Institute Graduate Certificate program at Plymouth State University offers a 15-credit program for graduate credit for professionals in N.H. or at our host partner, Mirasol Recovery Centers in Arizona.

The M.Ed. in Health Education or a Certificate of Advanced Graduate Studies (CAGS) with a focus on eating disorders is also offered.

PSU's eating disorder courses provide professionals with research-based tools, techniques and strategies to use in medical treatment, mental health counseling, nutrition counseling or education and outreach work. A series of four 3-credit graduate courses are offered in an intensive 3-day residential format with an online component plus a 120-hour capstone experience working in an eating disorders organization or treatment program.

Their program is designed to meet the needs of health and mental health professionals, dietitians, school professionals and others across the country with an interest in this unique specialization. It is also for those interested in becoming a Certified Eating Disorders Specialist in behavioral health, nutrition, or nursing.

## **Contact Information:**

Mardie Burckes-Miller, Ed.D.  
Eating Disorders Institute, MSC 22  
Plymouth State University  
17 High Street  
Plymouth, NH 03264

**Phone:** (603) 535-2515

**E-mail:** [margaret@plymouth.edu](mailto:margaret@plymouth.edu)

**Website:** <http://www.plymouth.edu/graduate/academics/degrees/masters/med/health-education/eating-disorders-institute/certificate/>

# New Jersey



*The Renfrew Center, established in 1985 in Philadelphia, is celebrating its 30th Anniversary as the first free-standing residential treatment facility in the United States exclusively dedicated to the treatment of women with eating disorders.* Now with sixteen locations throughout the country, Renfrew has provided more than 65,000 women with the tools they need to succeed — in recovery and in life. In a warm and nurturing environment, Renfrew provides a full continuum of care, including Residential, Day Treatment, Intensive Outpatient, Group Therapy, Individual Therapy, Family Therapy, Couples Therapy, Nutrition Therapy and Psychiatric Consultation. Renfrew has contracts with most managed care companies and is a preferred provider for many major insurance companies.

**The Renfrew Center of Northern New Jersey and The Renfrew Center of Southern New Jersey**, like all of their centers, specialize in the treatment of anorexia, bulimia, binge eating disorder, and related mental illnesses. Programming at each location below consists of a comprehensive range of services, including day treatment, intensive outpatient and group therapy.

**Locations in New Jersey include:**

**The Renfrew Center of Northern New Jersey**

174 Union Street  
Ridgewood, NJ 07450  
**Office:** (201) 652-5114

**The Renfrew Center of Southern New Jersey**

15000 Midlantic Drive, Suite 101  
Mount Laurel, NJ 08054  
**Office:** (856) 380-2760

**Referral Line:** 1-800-RENFREW (1-800-736-3739)

**Website:** [www.renfrewcenter.com](http://www.renfrewcenter.com)

# New York



**Eating Disorder Recovery Specialists (EDRS)** is a concierge service that provides transitional and supplemental eating disorder recovery services & support to help clients and families make seamless transitions through all stages of the recovery process. We work with clients who struggle with eating disorders as well as co-occurring mental health issues and addiction. Our team is comprised of master-level therapists, nutritionists, and nurse practitioners that utilize relational and behavioral approaches to assist clients in applying skills learned in treatment in their environment, improving confidence in their abilities, maintaining long-term recovery, and creating a meaningful life outside of their illness. EDRS collaborates heavily with clients' treatment teams to ensure continuity of care.

Services for clients include the following: in-home and restaurant meal support, eating disorder clinical coaching, life skills coaching, eating disorder recovery companion, therapeutic exposures, phone coaching sessions, case management, in-home cooking for early recovery, and personal chef services. Services can range from one hour a week to multiple hours a day.

Services for families include the following: family meal support, psycho-education around the recovery process, development of a family support plan, ongoing communication around progress, crisis management, and treatment recommendations and referrals.

Services are available in are available nationwide in most major cities.

## **Contact Information**

Eating Disorder Recovery Specialists  
459 Columbus Avenue, Suite 124  
New York, NY 10024

**Phone:** (866) 525-2766

**E-mail:** [greta@clinicalrecovery.com](mailto:greta@clinicalrecovery.com)

**Website:** [www.clinicalrecoveryspecialists.com](http://www.clinicalrecoveryspecialists.com)

# New York



*The Renfrew Center, established in 1985 in Philadelphia, is celebrating its 30th Anniversary as the first free-standing residential treatment facility in the United States exclusively dedicated to the treatment of women with eating disorders.* Now with sixteen locations throughout the country, Renfrew has provided more than 65,000 women with the tools they need to succeed — in recovery and in life. In a warm and nurturing environment, Renfrew provides a full continuum of care, including Residential, Day Treatment, Intensive Outpatient, Group Therapy, Individual Therapy, Family Therapy, Couples Therapy, Nutrition Therapy and Psychiatric Consultation. Renfrew has contracts with most managed care companies and is a preferred provider for many major insurance companies.

**The Renfrew Center of New York**, like all of its centers, specializes in the treatment of anorexia, bulimia, binge eating disorder, and related mental illnesses. Programming at The Renfrew Center of New York consists of a comprehensive range of services, including day treatment, intensive outpatient and group therapy.

**The Renfrew Center of New York**

38 East 32nd Street, 10th Floor

New York, New York 10016

**Office:** (212) 685-6856

**Referral Line:** 1-800-RENFREW (1-800-736-3739)

**Website:** [www.renfrewcenter.com](http://www.renfrewcenter.com)

# Pennsylvania



*The Renfrew Center, established in 1985 in Philadelphia, is celebrating its 30th Anniversary as the first free-standing residential treatment facility in the United States exclusively dedicated to the treatment of women with eating disorders.* Now with sixteen locations throughout the country, Renfrew has provided more than 65,000 women with the tools they need to succeed — in recovery and in life. In a warm and nurturing environment, Renfrew provides a full continuum of care, including Residential, Day Treatment, Intensive Outpatient, Group Therapy, Individual Therapy, Family Therapy, Couples Therapy, Nutrition Therapy and Psychiatric Consultation. Renfrew has contracts with most managed care companies and is a preferred provider for many major insurance companies.

The Renfrew Center of Radnor, like all of its centers, specializes in the treatment of anorexia, bulimia, binge eating disorder, and related mental illnesses. Programming at The Renfrew Center of Radnor consists of a comprehensive range of services, including day treatment, intensive outpatient and group therapy.

#### **The Renfrew Center of Radnor**

320 King of Prussia Road, 2nd Floor

Radnor, PA 19087

**Office:** (610) 527-9360

**Referral Line:** 1-800-RENFREW (1-800-736-3739)

**Website:** [www.renfrewcenter.com](http://www.renfrewcenter.com)

# Pennsylvania



*The Renfrew Center, established in 1985 in Philadelphia, is celebrating its 30th Anniversary as the first free-standing residential treatment facility in the United States exclusively dedicated to the treatment of women with eating disorders.* Situated on a 27-acre farm, The Renfrew Center of Philadelphia provides a warm and nurturing environment where women are empowered to reclaim their lives by actively participating in their own recovery. Renfrew provides a comprehensive range of services in California, Connecticut, Florida, Georgia, Illinois, Maryland, Massachusetts, New Jersey, New York, North Carolina, Pennsylvania, Tennessee, and Texas. Programs and services vary by site and include: Residential; Day Treatment; Intensive Outpatient; Group Therapy; Individual, Family, and Couples Therapy; Nutrition Therapy and Psychiatric Consultation. The Renfrew Center integrates relational principles and practice with the latest developments in the effective treatment of patients with eating disorders. Renfrew is a preferred provider for most health insurance and managed care companies and works with individuals to create a financial plan that meets the needs of each prospective patient. Renfrew's training programs have reached more than 25,000 healthcare professionals to date and are designed to enhance the knowledge and skills needed to treat these complex disorders.

Programming at **The Renfrew Center of Philadelphia** consists of residential treatment. (Day Treatment, intensive outpatient and group therapy are also offered at The Renfrew Center of Radnor).

## **The Renfrew Center of Philadelphia**

475 Spring Lane  
Philadelphia, PA 19128  
**Office:** (215) 482-5353

**Referral Line:** 1-800-RENFREW (1-800-736-3739)

**Website:** [www.renfrewcenter.com](http://www.renfrewcenter.com)



# Rhode Island



**Hasbro Children's Hospital**  
The Pediatric Division of Rhode Island Hospital  
*A Lifespan Partner*

— 20 years —  
*All for one.*

The Eating Disorder Program at Hasbro Children's Hospital provides multidisciplinary, family-centered care for children and adolescents with eating disorders. Their program includes comprehensive inpatient and outpatient medical, nutritional and mental health services to promote and maintain physical and mental well-being. For patients in need of an intensive outpatient day program, they also work closely with the Hasbro Partial Hospital Program, which offers structured care during the school day for adolescents with medical and emotional issues.

This program also offers a complete range of medical, nutritional and psychiatric services in a safe, confidential environment. Every member of their skilled and experienced cross-disciplinary team has had specialty training in the care of adolescents with eating disorders. Treatment is provided to those struggling with Anorexia Nervosa, Bulimia Nervosa, and Unspecified Eating Disorders.

**Contact Information:**

Hasbro Children's Hospital  
Coro West, Suite 3055  
1 Hoppin Street  
Providence, RI 02903

**Phone:** (401) 444-5980

**Website:** [http://www.hasbrochildrenshospital.org/Eating\\_Disorder\\_Program.aspx](http://www.hasbrochildrenshospital.org/Eating_Disorder_Program.aspx)



**Rhode Island Hospital**  
*A Lifespan Partner*

The **Body Dysmorphic Disorder Program** at Rhode Island Hospital provides expert in-person evaluations for adults, children, and adolescents. There are two evaluation options for BDD: a full day evaluation (about 6 hours) and a briefer evaluation (about 2 hours). Clients will receive immediate feedback, which includes treatment suggestions tailored to an individual's specific treatment needs. The BDDP will also provide clients with a written report of their evaluation findings and treatment suggestions. The Body Dysmorphic Disorder Program also provides state-of-the art outpatient treatment for those struggling with BDD. These services include both individual therapy (primarily cognitive-behavioral therapy) and medication management.

**Contact Information:**

The Body Dysmorphic Disorder Program  
Rhode Island Hospital  
Coro Center West, Suite 2.030  
One Hoppin Street  
Providence, RI 02903

**Phone:** (401) 444-1644

**Website:** <http://www.rhodeislandhospital.org/psychiatry/body-image-program.html>

# The Adams Center

## FOR MIND AND BODY

The Adams Center offers traditional psychotherapy, nutritional counseling, and alternative therapy services for individuals, groups, couples, families, and organizations. They specialize in innovative treatment, intervention, and support for eating disorders, post-traumatic stress disorders, anxiety disorders, and depression.

This group practice also offers a comprehensive and compassionate team of experienced, professional specialists working together to develop unique and individualized treatment plans for each client. Their staff are licensed psychologists and mental health counselors, a registered dietitian, and a certified massage therapist. Collectively, they are equipped with the resources necessary to provide a holistic foundation for a journey back to wholeness.

**Contact Information:**

The Adams Center for Mind and Body  
1233 Shelburne Road  
Pierson House D2  
South Burlington, VT 05403

**Phone:** (802) 859-1577

**Fax:** (802) 859-1571

**E-mail:** [confidentialinquiry@theadamscenter.com](mailto:confidentialinquiry@theadamscenter.com)

**Website:** [www.theadamscenter.com](http://www.theadamscenter.com)



# HRS Treatment Affiliates

## Treatment Affiliates

For  
Eating  
Disorders,  
We  
Offer  
Treatment.



For People, We Offer Hope.

Inpatient  
Residential  
Partial Hospitalization  
Intensive Outpatient

Anorexia  
Bulimia  
Binge Eating  
EDNOS  
Type 1 Diabetes

Male / Female  
Adolescent / Adult

For families and healthcare professionals who are seeking an answer for eating disorders, the choices can all seem alike. That's why we focus attention on the one factor that really matters: how individuals in treatment respond.

For most patients at Walden, the difference is one between hope and despair, between lasting results and endless repetitions of the cycle of improvement and relapse.

At Walden we're better able to promote the long-term wellness of our patients because we treat both body and mind.

For a closer look at how our whole health approach works call 781-647-6727 or visit [WaldenBehavioralCare.com](http://WaldenBehavioralCare.com).

 **walden** behavioral care  
lasting recovery for body and mind

Waltham, MA | Peabody, MA | Braintree, MA | Worcester, MA | Northampton, MA | South Windsor, CT

Insurance Accepted | Accredited by the Joint Commission

## Treatment Affiliates

*Quality Care in a Community Environment ...  
Located in the heart of Cambridge, Mass.*



## CAMBRIDGE EATING DISORDER CENTER



For more information visit us online or call today!

[www.EatingDisorderCenter.org](http://www.EatingDisorderCenter.org)

617-547-2255

[info@cedcmail.com](mailto:info@cedcmail.com)

# COMPREHENSIVE TREATMENT FOR ALL TYPES OF EATING DISORDERS

Residential • Partial Hospital • Intensive Outpatient • Outpatient • Transitional

Most Major Insurances Accepted

# Treatment Affiliates



*How far would you go  
for lasting recovery?*

When you need the very best care, Eating Recovery Center offers the expertise, compassion and commitment required to achieve full recovery, along with the ongoing support you need to sustain recovery. Based in Denver, Colorado, Eating Recovery Center provides a full spectrum of specialized treatment for male and female adults, adolescents and children, including Inpatient, Residential, Partial Hospitalization, Intensive Outpatient and Outpatient programs. Led by Drs. Kenneth Weiner, Craig Johnson, Emmett Bishop and Ovidio Bermudez – who together possess over 130 years of eating disorder treatment experience – Eating Recovery Center’s programming emphasizes individualized assessment, evidence-based interventions, aftercare planning and family education to support recovery. For more information, contact us at 877.218.1344 | [info@EatingRecoveryCenter.com](mailto:info@EatingRecoveryCenter.com), or confidentially chat live on our website at [EatingRecoveryCenter.com](http://EatingRecoveryCenter.com)



*Expert care. Lasting recovery.*



# Hope for young women suffering from anorexia, bulimia and co-occurring psychiatric conditions



- Compassionate clinical care for females ages 16 to 26
- Expert treatment for co-occurring psychiatric conditions
- Highly individualized treatment
- Acute residential and partial hospital program



*McLean Klarman Eating Disorders Center*

HARVARD MEDICAL SCHOOL AFFILIATE

Boston, Mass. [www.mcleanhospital.org](http://www.mcleanhospital.org) 617.855.3410



## Treatment Affiliates

CHOOSE ROSEWOOD FOR RECOVERY



MEN & WOMEN



ADOLESCENTS

### **ROSEWOOD CENTERS FOR EATING DISORDERS:**

We understand the intricate medical, emotional, and psychological complications associated with eating disorder treatment. Our well-established model of care, multi-disciplinary staff, and intimate setting make Rosewood uniquely qualified to treat anorexia, bulimia, binge eating disorder, and co-occurring mental disorders. Medical detox available. More information & resources at [RosewoodRanch.com](http://RosewoodRanch.com).

**THE ROSEWOOD INSTITUTE:** A premier provider of continuing education for professionals, The Rosewood Institute offers no and low cost CEs via on-going workshops and on-demand webinars at [RosewoodInstitute.org](http://RosewoodInstitute.org).

f /RosewoodRanchCenters

@RosewoodCenters

24/7 Intake 800.845.2211

Established 1998 | JCAHO Accredited | Individualized Financial Options | Insurance Accepted



## Treatment Affiliates

# THE NATION'S FIRST RESIDENTIAL EATING DISORDER TREATMENT CENTER - CELEBRATING 30 YEARS!



**THE RENFREW CENTERS** are dedicated to the treatment of women struggling with eating disorders. Within a nurturing environment, programs and services include: Residential, Day Treatment, Intensive Outpatient, Outpatient Services, Experiential Therapy and Specialized Treatment Tracks for trauma, substance abuse, adolescents and women in midlife.

Treatment programs and services are covered by most insurance policies. Residential Treatment Programs in Philadelphia, PA and Coconut Creek, FL.

### **Locations in New England include:**

The Renfrew Center of Connecticut  
1445 East Putnam Avenue • Old Greenwich, CT 06870

The Renfrew Center of Boston  
870R Commonwealth Avenue • Boston, MA 02215

**To make referrals or for questions:  
Call 1-800-RENFREW (1-800-736-3739).**



CA • CT • FL • GA • IL • MA • MD • NC • NJ • NY • PA • TN • TX

1-800-RENFREW (1-800-736-3739)

WWW.RENFREWCENTER.COM

# Treatment Affiliates



## Begin your healing journey here, at Carolina House.

From our home in the heart of North Carolina, Carolina House offers residential, partial hospitalization and intensive outpatient eating disorder treatment to individuals with anorexia nervosa, bulimia nervosa, binge eating disorders and related issues. You will immediately feel at home in our craftsman style farmhouse surrounded by 10 acres of serene and beautiful forest – a quiet and intimate setting for healing. Our philosophy is to treat the whole person and to promote the development of strong, life-long emotional and behavioral skills that honor you and your unique situation.

Our two locations, in Raleigh and Durham, allow us to provide a wide range of care options, ensuring we will have the right choice for you. Through your treatment experience with us we will provide you with the awareness and tools you need to allow you to, once again, thrive with a greatly enriched quality of life.



# Treatment Affiliates



## Our commitment is to you and your recovery.

At Center for Hope of the Sierras, we will welcome and support you from the minute you walk through our door. Our strong clinical program offers residential, extended partial hospitalization, and intensive outpatient programs for the treatment of anorexia nervosa, bulimia nervosa, binge eating, PHP/IOP, and related disorders. Your treatment will take place in our beautiful home, located in the peace and tranquility of the Sierra Nevada foothills just outside of Reno. Our unique residential treatment experience provides a truly ideal setting for healing and recovery.

In addition to treating the full spectrum of eating disorders, we are proud to offer a highly specialized program for the treatment of diabulimia. This unique, groundbreaking treatment program addresses both the medical and psychological components of co-occurring diabetes and eating disorders. Our highly skilled staff members are committed to providing you with the recovery journey you deserve.



## Treatment Affiliates



### Return to a place of balance and redefine your life.

From our location in the beautiful, north coastal area of San Diego, California, we at Montecatini provide comprehensive care to adolescent and adult women struggling with anorexia, bulimia, binge eating and associated disorders. Our continuum of care includes residential, partial hospitalization, and intensive outpatient treatment programs. When you enter our home, you enter a safe, nurturing space where you are understood and respected. The intimate setting we offer ensures you feel comfortable and receive the individualized care you deserve.

Montecatini offers hope for all women with eating disorders and associated issues. We are nationally recognized for our treatment services and continue to proudly and successfully treat hundreds of women with even the most complex cases. Our goal is to return you to a functional, joyful life, secure in your own recovery.



CENTER FOR DISCOVERY<sup>®</sup>  
EATING DISORDER PROGRAM  
NEW ENGLAND



FAIRFIELD, CT



SOUTHPORT, CT

RESIDENTIAL  
EATING DISORDER  
*Treatment*

- 🌿 Adolescent Males and Females Ages 10 to 18
- 🌿 Intimate Home-like Settings
- 🌿 No More than 6 Residents at Any Time
- 🌿 Individualized Treatment
- 🌿 Kitchen Skills Training and Education
- 🌿 Nationwide Locations

866.880.6154

[www.centerfordiscoverynewengland.com](http://www.centerfordiscoverynewengland.com)

## Treatment Affiliates



CELEBRATING 15 YEARS OF HOPE AND HEALING FOR CLIENTS AND FAMILIES

1999 15 2014

*The Ranch*

Our Nationally Acclaimed Programs Offer Gender Responsive Care for:

- **Eating Disorders**
- **Chemical Dependence**
- **Trauma**
- **Intimacy**
- **Mood & Anxiety Disorders**

Working with national insurance providers — for a confidential individualized consultation please call:

**800.849.5969**

or see our website:

**[recoveryranch.com](http://recoveryranch.com)**

## Treatment Affiliates



BehavioralNutrition.org

617.595.7044

INSURANCES ACCEPTED

Individual Outpatient Services  
Intensive Outpatient Programs  
Partial Hospitalization Programs

### Behavioral Therapy

Eating Disorders | Anxiety | Family Therapy  
Obsessive Compulsive Disorder | Depression | Trauma

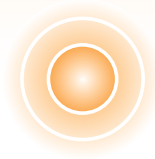
### Medical Nutrition Therapy

Eating Disorders | Weight Management  
Nutritional Deficiencies | Diabetes

Partial Hospitalization Program meets Monday through Friday  
Intensive Outpatient Program (IOP) meets 3 days a week

617.595.7044

1266 Furnace Brook Parkway Suite 404 Quincy MA 02169



## O'Connor Professional Group<sup>SM</sup>

BEHAVIORAL HEALTH NAVIGATION

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ADDICTION • MENTAL HEALTH • EATING DISORDERS

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CONSULTS

INTERVENTIONS

RECOVERY COMPANIONS AND TRANSPORTS

MONITORING SERVICES

CASE MANAGEMENT

RECOVERY AND LIFE SKILLS COACHING

COMMUNITY BASED NUTRITION AND MEAL SUPPORT

WILDERNESS INTENSIVES

WORKSHOPS AND FACILITATED MEETINGS

FAMILY, ADVISOR AND EMPLOYER COACHING

FINANCIAL MANAGEMENT

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For more information contact us at 617-910-3940 x 301  
or [www.oconnorpg.com](http://www.oconnorpg.com)

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65 Sprague Street • West Lobby Building B • Boston MA 02136  
(PHONE) 617-910-3940 x 301 • (FAX) 617-830-8512 • [www.oconnorpg.com](http://www.oconnorpg.com)



# Treatment Affiliates

**While there's life, there's hope.**

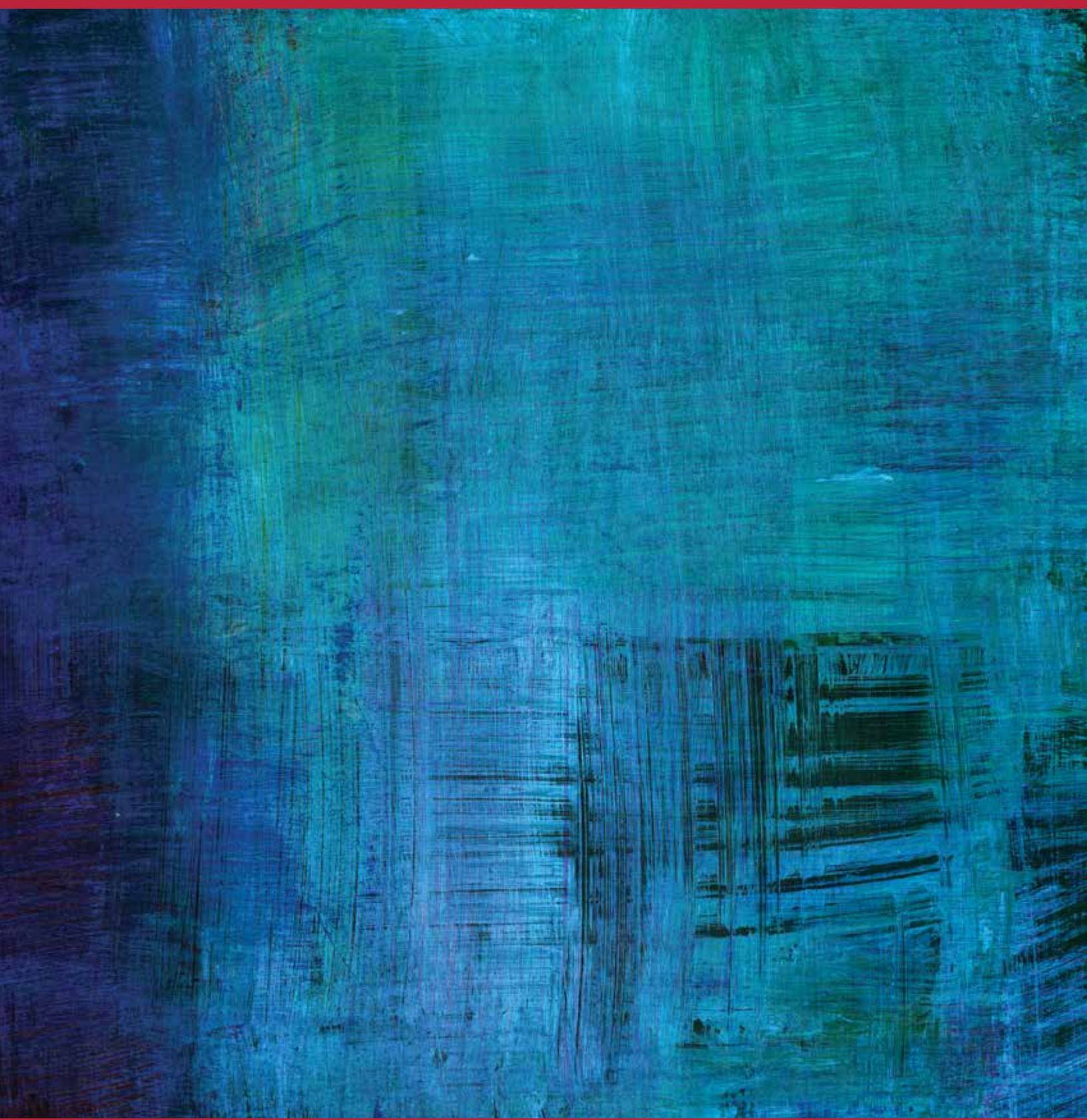
*Timberline Knolls is a residential treatment center located on 43 beautiful acres just outside Chicago, offering a nurturing environment of recovery for women ages 12 and older struggling to overcome eating disorders, substance abuse, mood disorders, trauma and co-occurring disorders. By serving with uncompromising care, relentless compassion and an unconditional joyful spirit, we help our residents help themselves in their recovery.*



Rooted in the principles of recovery, Timberline Knolls combines clinical services, education and expressive therapies to enhance the continuum of life-changing care. Striving to provide the most effective and highest quality individually tailored treatment, Timberline Knolls gives its residents hope again.

TIMBERLINE  KNOLLS

40 Timberline Drive | Lemont, Illinois 60439  
1.877.257.9611 | [www.timberlineknolls.com](http://www.timberlineknolls.com)  
[info@timberlineknolls.com](mailto:info@timberlineknolls.com)  
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[www.hynesrecovery.com](http://www.hynesrecovery.com)

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