





# 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)

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# 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)

### **Support Services:**

**Helpline:** Our primary mission is to support any 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.

### **National 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.

### **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.

### **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).

### **Partner Initiative:**

HRS is excited to collaborate with the following entities: The Body Project, Emerge, Healthy Minds Network, and O'Connor Professional Group. These new partnerships will enable us to guide universities nationwide who are in the process of supporting students on their campus with body image and/or eating concerns.

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## Partners



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 unhealthy thinness. The Body Project is backed by 15 years of quantitative research that demonstrate the program's ability to decrease body dissatisfaction, thin-ideal internalization, eating disorder symptoms, dietary restraint, and negative affect. It has been used by numerous high schools and over 100 college campuses and has been delivered to over 200,000 young women. 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. The Body Project Collaborative offers one and two day trainings that can be specifically tailored to meet the unique needs of any group.



Difficulty with body image affects many individuals' health and well-being. Problems with body image are 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, in fact, a good motivator for positive health behaviors.

Emerge takes evidence-based programs that improve body image, eating disorders, and weight management and adapts them into interactive media and technologies aimed at transforming thoughts, perceptions and behaviors. Emerge programs aim to empower individuals to seek health and thriving as the desired endpoint, rather than unattainable appearance goals. This adaptation from offline research to putting mobile, interactive tools into the hands of those who need it most is at the core of Emerge's work.

# Partners



Based at University of Michigan, the Healthy Minds Network (HMN) is dedicated to improving the mental and emotional wellbeing of young people through innovative, multidisciplinary scholarship. 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 projects, the network serves as a resource for secondary and higher education administrators, researchers, clinicians, policymakers, and the public. One of HMN's most important projects is the Healthy Minds Study (HMS), an annual survey examining mental health (e.g., depression, anxiety, eating disorders), related health behaviors (e.g., substance use, sleep) and service utilization among college students. HMS has been fielded at over 100 campuses where data have been used to: assess needs, raise awareness, compare to peer institutions, strengthen grant applications, advocate for resources, and develop/improve programs. HMS is available for implementation at all types of higher and post-secondary institutions.



## O'Connor Professional Group

OPG's team of professionals hold expertise, both through advanced training and education and personal experience, in recovery from a variety of behavioral health issues. They work intensively with individuals who are struggling with alcoholism, addiction, mental health issues and eating disorders as a supplement to clinical treatment. Their services take place in the homes and communities of their clients, often as a precursor to or aftercare plan from treatment in an inpatient setting, or other structured living environment. Staff provide professional expertise in identifying treatment facilities and specialists for an array of issues/diagnoses including intensive care coordination between treatment team members and on behalf of clients, home-based or remote coaching support for families and individuals and separation of services offered for family members and the client in need of support.

# you were created to be free...



Since 2002 we have served over a million people with faith-based resources, programs & events designed to help them find lasting freedom from eating and body image issues. As a 501(c)(3) nonprofit, we support long-term freedom through low-cost, easily-accessible content and community.

## OUR CORE PROGRAMS

### LASTING FREEDOM ONLINE SUPPORT PROGRAM

Weekly webinars, groups, and 24/7 peer-support. Just \$29/wk. For women 18+. *Teen, Men & Parent groups coming soon.*

### DAILY VITAMIN eDEVO

Free devotional delivers bite-sized Truth five days a week.

### CHRISTIAN TREATMENT FINDER

Online directory of Christian eating disorder professionals & programs.

### DIGITAL LEARNING LIBRARIES

600+ free online videos PLUS articles, small group tools & more.

### HUNGRY FOR HOPE

Semi-annual Christian conference for eating disorders and body image issues. Clinical and community tracks available.

## OUR CORE VALUES

### ALL FOODS FIT

We believe in a non-diet, "all things in moderation," intuitive eating approach. We do not promote specific eating programs, diets, supplements or food trends. Ever.

### COMMUNITY MATTERS

Unhealthy habits thrive in isolation. Healthy community heals shame and enhances other recovery efforts.

### GOD CARES ABOUT YOUR FREEDOM

God is wild about you and wants you to experience the life without eating issues, regardless of where you are in your faith journey.

### FREEDOM GIVES

We donate 10% annually to prevention, leadership & hunger relief causes.



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EATING DISORDERS IN THE TYPE 1 DIABETIC POPULATION TEND TO EMERGE DURING AN INDIVIDUAL'S EARLY TEEN YEARS AND INCREASE IN FREQUENCY AND SEVERITY INTO THEIR MID-TO-LATE 20'S. MANY COLLEGE STUDENTS FALL DIRECTLY INTO THIS AGE RANGE AND THUS MAY BE AT PARTICULAR RISK.

## WE ARE DIABETES PROVIDES THE FOLLOWING SUPPORT FOR TYPE 1 DIABETICS STRUGGLING WITH EATING DISORDERS:

- RESOURCES DEVELOPED SPECIFICALLY TO SERVE THOSE WHO SUFFER FROM ED-DMT1
- REFERRALS TO CREDIBLE PROVIDERS AND TREATMENT CENTERS ACROSS THE US
- ONE-ON-ONE MENTORSHIP
- SUPPORT DURING AND AFTER TREATMENT
- MONTHLY ONLINE PEER SUPPORT GROUPS

SUPPORT. RESOURCES. HOPE.

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**WE ARE  
DIABETES**

You Don't  
Hear  
Much Talk  
About  
Eating  
Disorders.



We'd Like to Change That.

### Educational Outreach

Patient-Centered  
Eating Disorders Research

Educational Presentations  
and Training for  
MH and Medical Professionals

Middle School and High School  
ED Prevention Program

College Presentations  
For Students and 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, visit [www.WaldenCenter.org](http://www.WaldenCenter.org).

ending the silence about eating disorders  
  
*for education and research*

# Recover life.

**Recovering lives, it's what we do.**

Eating Recovery Center Foundation is a national resource for those affected by eating disorders, as well as their families, caregivers and treating professionals. We are focused on providing educational resources for eating disorder awareness and prevention. We support research to improve treatment outcomes and provide charitable care for those who cannot afford the full course of treatment, offering the opportunity for full recovery.

Please join us in our mission to recover lives.  
[www.ERCFoundation.org](http://www.ERCFoundation.org)



EATING  
*Recovery* CENTER  
Foundation

# 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.

### **SooMi Lee-Samuel, MD, MA**

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 receive 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 clinical depression, anxiety, panic attacks, self-injurious behaviors and suicidal or homicidal thoughts (some of these may constitute psychiatric emergencies).
- The student's inability to maintain personal safety, appropriate 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

## Eating Disorders in Type 1 Diabetes

Women with Type 1 Diabetes (T1DM) are close to 2.5 times as likely to develop an eating disorder than women without diabetes. This includes Anorexia Nervosa and Bulimia Nervosa but also something called “Diabulimia” by the media and lay public. This term refers to an eating disorder which includes the symptom of intentional insulin restriction as a powerful and dangerous calorie purge.

To better understand this phenomenon, one must first understand T1DM and its treatment. T1DM is an autoimmune disease in which the body’s immune system selectively attacks the cells of the pancreas that produce insulin. Insulin is the hormone that allows our bodies to access energy from food by moving glucose out of the blood stream and into our cells for use or storage. Without insulin, blood sugar levels rise and the body attempts to regulate these levels by excreting glucose in the urine. Also, the body cannot use the glucose for fuel – resulting in rapid and unhealthy weight loss because the cells are starving. T1DM treatment involves multiple daily doses of different types of insulin with the goal of approximating the functioning of a healthy pancreas. Patients must regularly monitor blood sugar levels and calculate food amounts so that they can estimate insulin doses. A blood test called the A1C indicates the average blood glucose level over the past 3 months with a target as close to 7% as possible.

### Warning signs of eating disorders in T1DM:

- Unexplained elevations in A1C values\*
- Concerns about weight and body shape\*\*
- Change in eating patterns, which may include dietary restriction and/or binge eating
- Intense exercise (sometimes associated with frequent hypoglycemia)
- Repeated problems with Diabetic Ketoacidosis (DKA)\*
- Amenorrhea

\*Some of these warning signs are specific to eating disorders involving insulin restriction, but eating disorders without this symptom can also occur in T1DM.

\*\*There is not one particular body size that should elicit concern. People can have what appears to be a healthy body weight and still be experiencing medically significant eating disorder symptoms.

***As many as 31% of women with T1DM report intentional insulin restriction for weight loss, and rates peak in late adolescence and early adulthood (40% of women ages 15 to 30 years).*** Eating disorder behaviors often persist, become more common, and increase in severity over the young adult years. Indeed, eating diagnoses occur around 23 years of age, meaning symptoms are likely worsening during the college years. Some speculate that this may be because college is the first time that young people with T1DM are managing their diabetes without hands-on support from family and their diabetes treaters.

The complications of T1DM, such as eye disease, kidney disease, and nerve damage may be prevented or delayed with adherence to current treatment recommendations. However, patients who restrict their insulin doses and run their glucose levels high develop diabetes complications at younger ages. Most significantly, they are at increased risk of early death from these long-term complications as well as an acute medical crisis known as Diabetic Ketoacidosis (DKA) that can be fatal.

# Eating Disorders on Campus

## Eating Disorders in Type 1 Diabetes (cont.)

As stated above, Diabetic Ketoacidosis (DKA) is often a primary warning sign of eating disorders in T1DM. Some of the signs and symptoms of DKA include the following: profound thirst and frequent urination, fatigue, nausea and/or vomiting, muscle pain and weakness, labored breathing, chest pain, disorientation, and a “large” level of ketones - which can sometimes be recognized by a distinctly fruity smell on the breath.

Since eating disorders in T1DM typically develop in late adolescence and early adulthood, college health center staff and mental health professionals may be the first providers to help identify when a particular student is showing risk factors. **[Please refer to Warning Signs]**. Being familiar with signs and symptoms makes it possible to help vulnerable students access the care they need. Also be sure to educate patients about “insulin edema”- mild to severe fluid retention that happens just when patients are attempting to improve and reduce their glucose levels. It can leave patients feeling bloated, swollen, and “fat.” Because this is a group of patients acutely sensitive to body weight and shape changes, they need increased support and reassurance that weight gain due to this condition reflects fluid retention not “fat” and that it will resolve over time. In the absence of this support and education, edema can present as a common reason for relapse and/or treatment dropout.

It is important to work closely with the student’s diabetes treatment team to understand their diabetes regimen and health history and to collaborate with them to review blood glucose patterns and insulin protocols. It is helpful to review the signs of DKA with the student in order to help them know when to access treatment to reduce their medical risk. In conjunction with the diabetes treatment team, the student should be empowered to establish small, realistic goals to improve diabetes-management.

Reducing blood glucose levels too quickly is actually dangerous and can trigger “treatment induced complications” that include all the long-term diabetes complications listed above. Working slowly and steadily at improving overall glucose levels, reduces this risk of treatment-induced complications, the severity of edema, and may help the patient to feel less overwhelmed.

It is rare to find an eating disorder specialist who also understands T1DM and equally hard to find treatment programs with this specialty. The best approximation is to find eating disorder specialty care that is open to strong collaboration with the patient’s diabetes team. Without this in place, symptoms can go unrecognized and/or misunderstood. Most importantly, work with this population requires a non-judgmental and steady stance – one that neither over- nor under-reacts. This can help solidify the treatment alliance and allow for open and honest communication about symptoms related to this complex dual diagnosis.

### **Ann Goebel-Fabbri, PhD**

Licensed Psychologist in Private Practice

Assistant Professor of Psychiatry, Harvard Medical School

# 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.

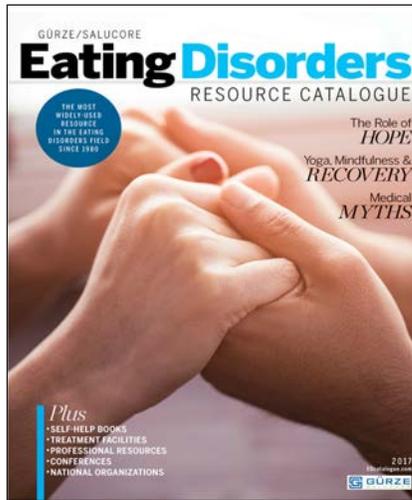
### Academic Concerns

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.

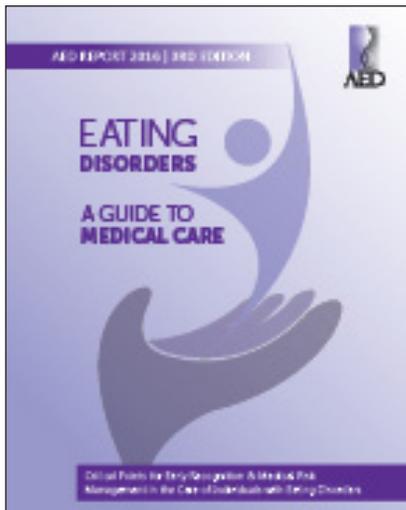
Co-Directors, Eating Disorders Clinical and Research Program, Massachusetts General Hospital

# Resource and Treatment Guides



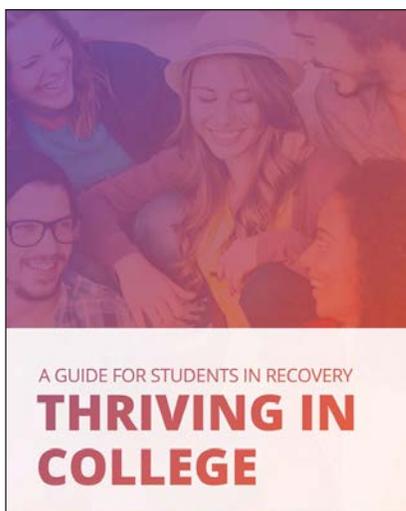
## Eating Disorders Resource Catalogue

The most widely circulated publication in the eating disorders field, the Gürze/Salucore Eating Disorders Resource Guide reads like a magazine and includes articles, book excerpts, hundreds of handpicked books, DVDs and audio CDs, a treatment directory, professional resources, contact information for local and national eating disorder organizations, and listings of treatment facilities. A resource for high-quality information on eating disorders for the layperson and professional alike.



## AED's ED Medical Assessment Guide

This is a 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.

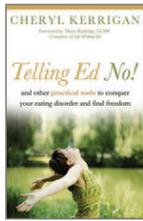


## A Guide for Students in Recovery

The Collegiate Recovery Community campus guide offers students in recovery a comprehensive strategy for excelling in college while maintaining sobriety. This resource shows students how to find recovery resources on campus in addition to offering inspirational stories of students' success in their collegiate recovery programs. The guide also provides students with information regarding the tools needed to develop their own college campus recovery program.

# Recommended Reading

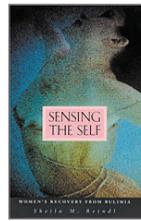
FOR STUDENTS



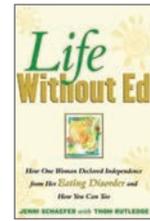
*Telling Ed No! And Other Practical Tools to Conquer Your Eating Disorder and Find Freedom* (Cheryl Kerrigan)



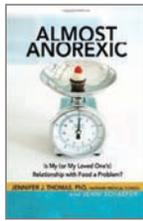
*Life Inside the "Thin" Cage* (Constance Rhodes)



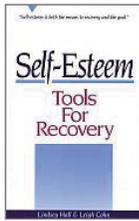
*Sensing the Self: Women's Recovery from Bulimia* (Sheila Reindl)



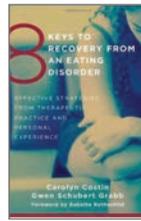
*Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too* (Jenni Schaefer with Thom Rutledge)



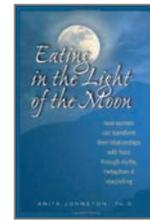
*Almost Anorexic: Is My (Or My Loved One's) Relationship with Food a Problem (The Almost Effect)* (Jennifer Thomas and Jenni Schaefer)



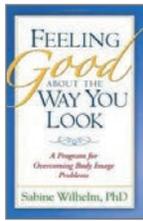
*Self-Esteem: Tools for Recovery* (Lindsey Hall and Leigh Cohn)



*8 Keys to Recovery from an Eating Disorder: Effective Strategies from Therapeutic Practice and Personal Experience* (Carolyn Costin)



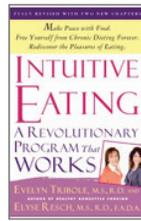
*Eating in the Light of the Moon: How Women Can Transform Their Relationships with Food through Myths, Metaphors and ...* (Anita Johnston)



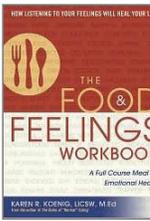
*Feeling Good about the Way You Look* (Sabine Wilhelm)



*The Ritteroo Journal for Eating Disorders Recovery* (Lindsey Hall)

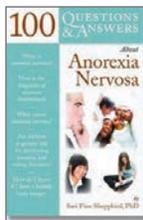


*Intuitive Eating: A Recovery Book for the Chronic Dieter* (Elyse Resch & Evelyn Tribole)

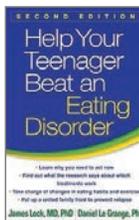


*The Food & Feelings Workbook* (Karen Koenig)

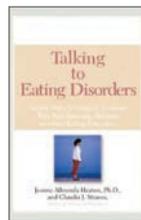
FOR FAMILIES



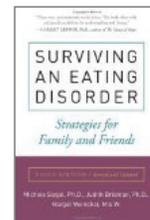
*100 Questions & Answers About Anorexia* (Sari Fine Shepphird)



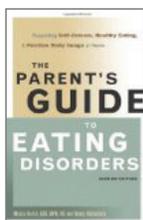
*Help Your Teenager Beat an Eating Disorder* (James Lock & Daniel LeGrange)



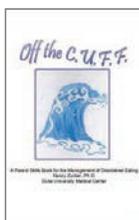
*Talking to Eating Disorders: Simple Ways to Support Someone with Anorexia, Bulimia, ...* (Jeanne Albronda Heaton & Claudia J. Strauss)



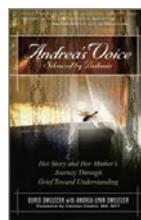
*Surviving an Eating Disorder: New Perspectives and Strategies for Family and Friends* (Michelle Siegel, Judith Brisman & Margot Weinschel)



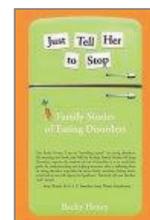
*The Parent's Guide to Eating Disorders* (Marcia Herrin & Nancy Matsumoto)



*Off the C.U.F.F.: A Parents Skills Book for the Management of Disordered Eating* (Nancy Zucker)



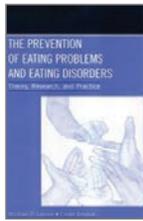
*Andrea's Voice...Silenced by Bulimia* (Doris Smeltzer with Andrea Lynn Smeltzer)



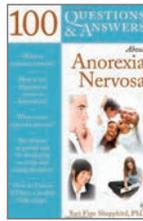
*Just Tell Her to Stop: Family Stories of Eating Disorders* (Becky Henry)

# Recommended Reading

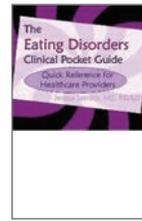
FOR PROFESSIONALS



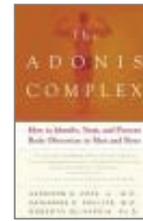
*Prevention of Eating Problems and Eating Disorders* (Michael Levine and Linda Smolak)



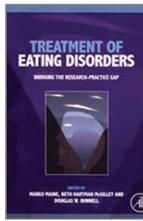
*100 Questions & Answers About Anorexia Nervosa* (Sari Fine Shepphird)



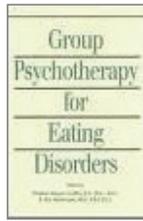
*The Eating Disorders Clinical Pocket Guide: Quick Reference for Healthcare Providers* (Jessica Setnick)



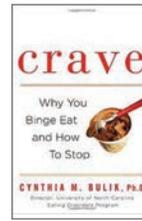
*The Adonis Complex: How to Identify, Treat, and Prevent Body Obsession in Men and Boys* (Harrison Pope, Katharine Phillips & Roberto Olivardia)



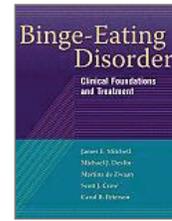
*Treatment of Eating Disorders* (Margo Maine & Beth Hartman McGilley)



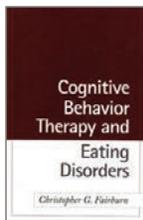
*Group Psychotherapy for Eating Disorders* (Heather Harper-Giuffre)



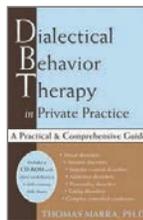
*Crave: Why You Binge Eat and How to Stop* (Cynthia Bulik)



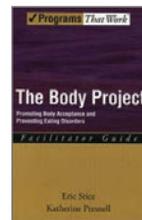
*Binge-Eating Disorder: Clinical Foundations and Treatment* (James Mitchell & Carol Peterson)



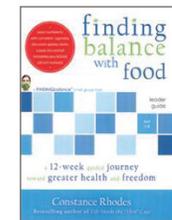
*Cognitive Behavioral Therapy and Eating Disorders* (Christopher Fairburn)



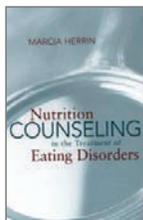
*Dialectical Behavior Therapy in Private Practice* (Thomas Marra)



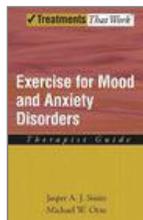
*The Body Project: Facilitator's Guide* (Eric Stice & Katherine Presnell)



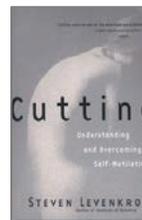
*Finding Balance with Food: Leader Guide & CD* (Constance Rhodes)



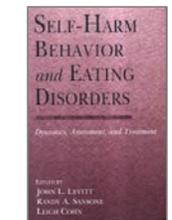
*Nutrition Counseling in the Treatment of Eating Disorders* (Marcia Herrin & Maria Larkin)



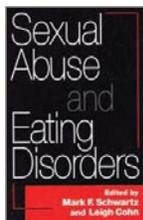
*Exercise for Mood and Anxiety Disorders* (Michael Otto & A.J. Smitts)



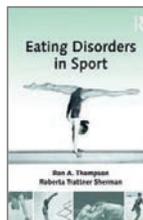
*Cutting: Understanding and Overcoming Self-Mutilation* (Steven Levenkron)



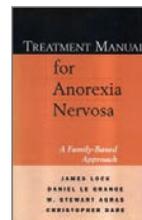
*Self-Harm Behavior and Eating Disorders* (John LeVitt and Randy Sansone)



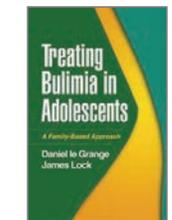
*Sexual Abuse and Eating Disorders* (Mark Schwartz & Leigh Cohn)



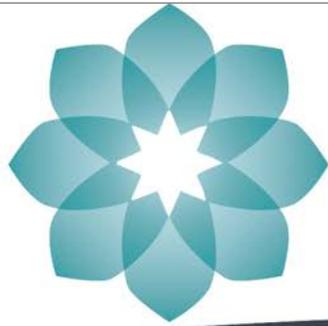
*Eating Disorders in Sport* (Ron Thompson & Roberta Sherman)



*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

## EATING DISORDER RECOVERY APP

### DISCOVERY IN RECOVERY *on the go!*

#### FOOD DIARY

- TRACK MEALS
- SET GOALS
- BARCODE SCANNER

#### INSPIRATION

- INSPIRING QUOTES
- EXTRA SUPPORT
- DAILY COMMITMENT

#### DISCOVER FOOD

- YUMMY RECIPES
- BODY MOVEMENT
- GROCERY LIST

#### + MORE

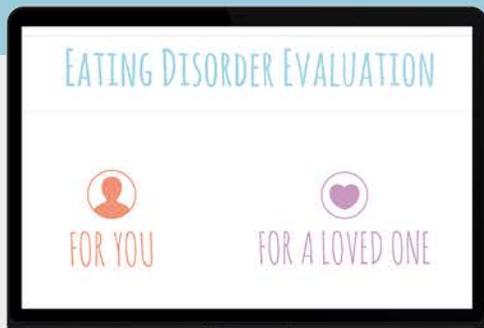
- INVITE FRIENDS
- FREE SUPPORT GROUPS
- CONTACT US



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

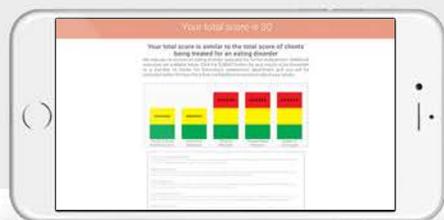


## EATING DISORDER EVALUATION



- ◆ QUICK
- ◆ CONFIDENTIAL
- ◆ 10 QUESTIONS
- ◆ GRAPHIC RESULTS

THINK YOU OR A LOVED ONE MIGHT HAVE AN EATING DISORDER?



Take a **FREE** Assessment Today!

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

  
**CENTER FOR DISCOVERY**<sup>®</sup>  
Transforming Lives



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.



Reach  
Higher.

Dream  
Bigger.

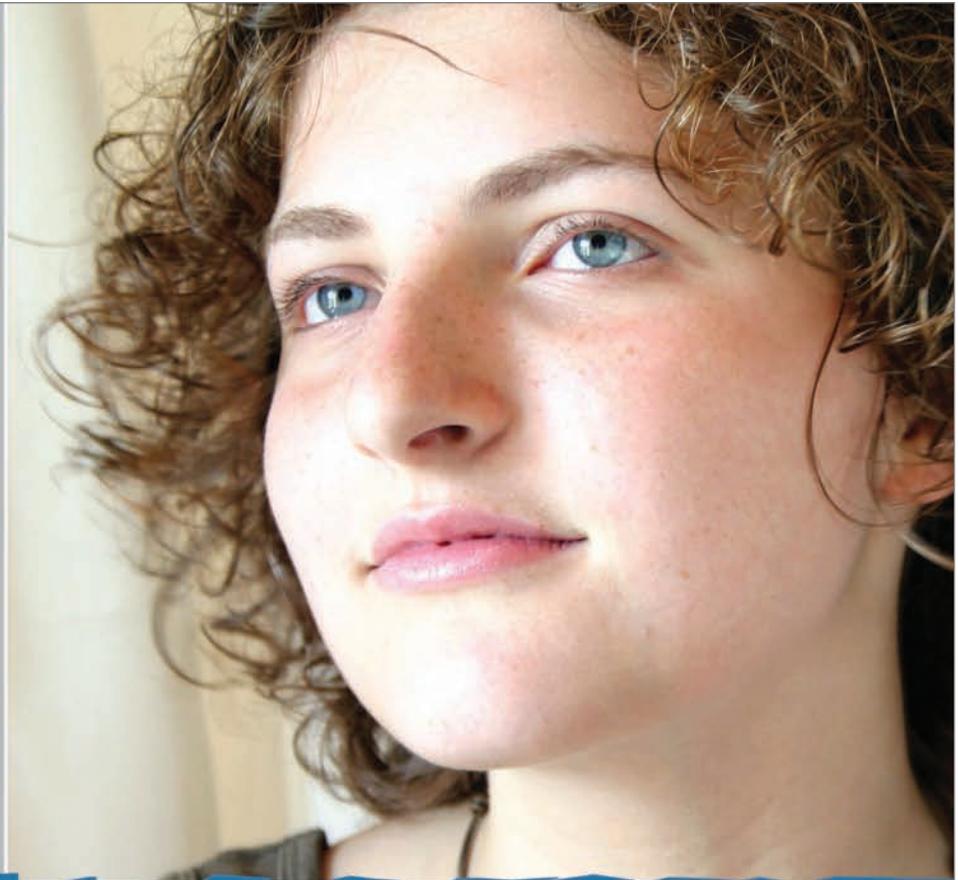


# Recovery Campus

RAISING AWARENESS OF COLLEGIATE RECOVERY PROGRAMS

[RecoveryCampus.com](http://RecoveryCampus.com)

You Don't  
Hear  
Much Talk  
About  
Eating  
Disorders.



We'd Like to Change That.

### Educational Outreach

Patient-Centered  
Eating Disorders Research

Educational Presentations  
and Training for  
MH and Medical Professionals

Middle School and High School  
ED Prevention Program

College Presentations  
For Students and 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, visit [www.WaldenCenter.org](http://www.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 an appearance 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 Drs. 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.

To date, the Body Project has been used by numerous high schools and over 130 college campuses in the US and Canada, and has been implemented in over 10 countries.

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:

- Appearance 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.

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 WEBSITE:

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



# Eating Disorders Institute Graduate Certificate Program

## OUR SITES:



Plymouth State University, NH



Tucson, Arizona

## FOR MORE INFORMATION

### EATING DISORDERS INSTITUTE CERTIFICATE PROGRAM:

#### Program Director:

Mardie Burckes-Miller, Ed.D. CEDS, CHES, FAED  
Certified Eating Disorders Specialist, Fellow,  
Academy of Eating Disorders  
Phone: (603)535-2515  
Email: [margaret@plymouth.edu](mailto:margaret@plymouth.edu)  
Website:  
[plymouth.edu/graduate/academics/  
degrees/](http://plymouth.edu/graduate/academics/degrees/)



**Welcome to the beginning of an exciting, rewarding career specializing in eating disorders.**

The Eating Disorders Institute Graduate Certificate program at Plymouth State University offers a 15 credit program for graduate credit. Additionally a M.Ed. in Health Education or a Certificate of Advanced Graduate Studies (CAGS) with Educational Leadership, Curriculum and Instruction and focused electives of the 15 credit Eating Disorders Institute.

- ◆ Provides professionals with research-based tools, techniques and strategies to use in medical treatment, mental health counseling, nutrition counseling or education and outreach work.
- ◆ Four 3-credit graduate courses are offered in an intensive 2 1/2 day residential format with an online component plus a 120 hour capstone experience in eating disorders.
- ◆ Meets 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.

**Plymouth State University is the only graduate program in the country offering this innovative program.**

# Eating Disorders Institute Graduate Certificate Program

## Required Courses:

	Credits:
HL 5150 Eating Disorders Clinical	3
HL 5160 Eating Disorders: Awareness, Prevention, and Education	3
HL 5190 Medical and Physiological Aspects of Eating Disorders	3
HL 5180 Nutrition: Education and Counseling	3
HL 5170 Treatment Modalities for Eating Disorders	3

**Total EDI Certificate: 15**

\*HL 5160 is a prerequisite

*The EDI certificate can be completed in 8 months to one year.*

## Benefits:

- ◆ Members of the faculty have 100 years of combined experience in the eating disorders field
- ◆ Easily blended with graduate degree programs or CEU program
- ◆ Low residence schedule to accommodate working professionals and out-of-state students
- ◆ Capstone personalized in the clinical or education/outreach area to meet student's interests and needs
- ◆ Approved site to offer the core eating disorders curriculum that satisfies the International Association of Eating Disorders Professionals (IAEDP) requirement for future certification



"There are very few training opportunities for professionals seeking specialization in the treatment of Eating Disorders. The Eating Disorders Institute (EDI) offers a unique, multidisciplinary training program. I hope this becomes a model program that other universities will adopt."

**-Craig Johnson, a renowned eating disorders expert, Chief Clinical Officer of the Eating Recovery Center**

The Eating Disorder Institute was one of the most unique and beneficial components of my career as a dietitian. The small class sizes created an open and personal learning experience in a retreat-like setting. The program faculty brings real-life experiences and tools that work. The EDI program draws in different professionals and connects the missing links to understand the importance of an interdisciplinary team in the treatment of eating disorders. After graduation, I became the Lead Dietitian of a brand new eating disorder program. I highly recommend this program to primary care providers, counselors, dietitians, nurses, teachers and anyone who touches the lives of those with eating disorders.

Christine Oiler RDN/LDN 2104 EDI  
M.ED candidate.



## THE HEALTHY MINDS NETWORK (HMN) 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 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 projects, including its campus mental health survey research, the network serves as a resource for secondary and higher education administrators, researchers, clinicians, policymakers, and the public.

### HMN SURVEY RESEARCH



#### THE HEALTHY MINDS STUDY (HMS)

Annual web-based survey examining mental health and related issues (depression, anxiety, eating disorders) and service utilization among college students. Since 2007, HMS has been fielded on ~120 campuses in the U.S. and abroad, with >120,000 respondents. Beginning in academic year 2015-2016, campuses can customize the survey by choosing 2 elective modules in addition to the 3 standard modules that all campuses cover (Demographics, Mental Health, and Service Utilization). Based on feedback from campus practitioners and others, elective modules cover a wide array of topics, including eating and body image, sleep, sexual assault, overall health, and student retention.

HMN survey research is 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

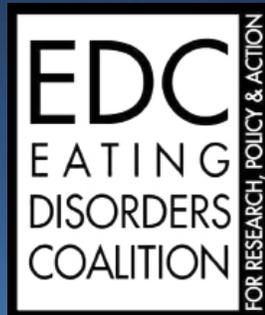
## WHY ADDRESS EATING DISORDERS AT THE FEDERAL LEVEL?

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



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.

PO Box 11608

Milwaukee, Wisconsin 53211

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

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



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)

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

# 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.ocfoundation.org](http://www.ocfoundation.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.

# Parent Support

**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.**

## **The William James INTERFACE Referral Service**

(<https://interface.williamjames.edu/>)

The William James INTERFACE Referral Service collects and categorizes a wide range of valuable resources related to mental health and wellness for the benefit of the general public — children, adults and families — as well as educators and mental health professionals. In addition to the resources on this website, the William James INTERFACE Referral Service maintains a mental health and wellness referral help line Monday through Friday, 9am-5pm, at (888) 244-6843 (toll free). This is a free, confidential referral service for individuals across the lifespan living in participating communities. Callers are matched with licensed mental health providers from their extensive database. Each referral meets the location, insurance, and specialty needs of the caller.

## **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.

## Eating Disorder Consultants / Trainers



**Mary Ellen Crowley, Ph.D.** is a clinical psychologist who holds appointments with both Harvard Medical School and McLean Hospital. She graduated Phi Beta Kappa with honors in psychology from Bucknell University. She completed her masters and doctoral degrees at Ohio University and her pre and post-doctoral fellowships at McLean Hospital/Harvard Medical School. Dr. Crowley is the former Clinical Coordinator of the Adult Eating Disorder Specialty Track at McLean's Behavioral Health Partial Program. She is currently the Senior Eating Disorders Consultant at the Pavilion Program at McLean Hospital. Dr. Crowley is also the founder of Lexington Group Therapy, an outpatient group psychotherapy practice. In addition to her 15 years experience in private practice providing psychotherapy and consultation services, she has supervised pre and post-doctoral psychology interns at the Klarman Eating Disorders Center at McLean Hospital. Dr. Crowley has also provided professional supervision and business coaching for psychotherapists looking to build a private practice specialized in the treatment of eating disorders. Dr. Crowley has taught both undergraduate and graduate level psychology courses and regularly lectures, presents and publishes research on the topic of eating disorders.

**Dr. Crowley is available to lecture on the following topics: Eating Disorders Treatment in the Age of the Internet, Burnout Prevention Among ED Providers, Treating Eating Disorders with Co-Morbid Borderline Personality Disorder and Treating Eating Disorders Using Acceptance and Commitment Therapy (ACT).**

**Contact:** [maryellen\\_crowley@hms.harvard.edu](mailto:maryellen_crowley@hms.harvard.edu) or [www.lexingtongrouptherapy.com](http://www.lexingtongrouptherapy.com)



**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)

## 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)



**Roberto Olivardia, Ph.D.** is a Clinical Instructor of Psychology at Harvard Medical School and Clinical Associate at McLean Hospital in Belmont, Massachusetts, where he supervises pre-doctoral interns. He maintains a private practice in Lexington, Massachusetts, where he specializes in the treatment of eating disorders and body image problems in boys and men, including anorexia, bulimia, binge eating disorder, anabolic steroid users, muscle dysmorphia and body dysmorphic disorder. He has been conducting research and published scientific papers in this underserved population since 1994. He is co-author of "**The Adonis Complex**", a book which details the various manifestations of body image problems in men. In addition, Dr. Olivardia specializes in the treatment of Body Dysmorphic Disorder (BDD) and Obsessive-Compulsive Disorder (OCD). He has appeared in publications such as TIME, GQ, and Rolling Stone, and has been featured on Good Morning America, EXTRA, CBS This Morning, CNN, Fox and Friends, and VH1. He has consulted and provided supervision to clinicians, college counseling centers, and documentary producers on various issues, including male eating disorders, anabolic steroid use, ADHD, and BDD. He has also spoken on numerous radio and webinar shows and presents at many talks and conferences around the country.

**Dr. Olivardia can present on the following topics: Boys and Men with Eating Disorders (Anorexia, Bulimia, Binge Eating Disorder); Eating Disorders and Attention Deficit Hyperactivity Disorder (ADHD); Eating Disorders and Obsessive-Compulsive Disorder (OCD); and Body Dysmorphic Disorder**

Contact: [roberto\\_olivardia@hms.harvard.edu](mailto:roberto_olivardia@hms.harvard.edu)

# 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 dietitian 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.

# 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 - for Adolescents



**Hynes Recovery Services** is honored to be collaborating with providers whom have both a passion for and expertise in treating adolescents 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.

Dr. Wilson has been working as a therapist for the past 13 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. 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. In addition, Dr. Wilson works as the consulting psychologist for The Noble and Greenough School, a boarding school located in Dedham, Massachusetts.

[continued on next page]

# Individual Provider Directory - for Adolescents



## Intervention Consults and Clinical Case Management

Dawn Hynes, MSW

## Eating Disorder Practitioners

Christina Wood Baker, Ph.D.

Sharon Chirban, Ph.D.

Jennifer Culbert, MS, RD, LDN

Sheri L. Damon, LMHC

Elayne Daniels, Ph.D.

Sherrie Delinsky, Ph.D.

Myra Durkin, MSW, LICSW

Nina Frank, LICSW

Sarah Frenette, MS, LMHC, LCPC

Amy Gardner, MS, RD, LDN

Ann Goebel-Fabbri, Ph.D.

Laura J. Goodman, LMHC

Dana Greene, MS, RD, LDN

Natalie Hill, LICSW

Sarah J. Kelly, LICSW

Robyn Kievit Kirkman, FNP-BC,  
RDN, CSSD, CEDRD, LDN

Abigail M. McNally, Ph.D.

Laura Moretti, MS, RD, CSSD, LDN

Roberto Olivardia, Ph.D.

Beth O'Malley, Psy.D.

Sarah O'Neil, M.D.

Lisa M. Pearl, MS, RD, LDN

Meg Salvia, RDN, CDE

Heidi Schauster, MS, RD, LDN

Joanne Soolman, MS, RD, LDN

Leigh P. Van Dusen, MS, LDN

Mona Villapiano, Psy.D.

Rick Wilson, Psy.D.

Jaimie Winkler, RD, LDN

# Adolescent Treatment Facilities



**Behavioral Nutrition**, located in Quincy, MA, offers Individual Outpatient Therapy, Family Therapy, Medical Nutrition Counseling and Intensive Outpatient Programs for adolescents (females and males; ages 12-17) who struggle with Eating Disorders, Body Image Issues and Obesity. Behavioral Nutrition's integrative treatment model is centered on the connection between mood, eating habits and physical health. Each patient works with a therapist and dietitian, who as a team assess and treat the reciprocal effects of mental health and malnutrition. They also provide Family Therapy for families with children (ages 8-12) who struggle with disordered eating habits, including compulsive over-eating, binge-eating and night-eating.



The Adolescent Programs at the **Cambridge Eating Disorder Center** are comprised of Residential, Partial Hospitalization, Intensive Outpatient and Outpatient levels of care for those ages 12 and up. Their residential program provides 24-hour support to adolescent girls struggling from anorexia nervosa, bulimia nervosa, or a binge eating disorder. And their Partial Hospital Program meets six days a week (Monday through Saturday from 9:00AM to 3:30PM), offering a variety of therapies, as well as meal and snack support. The Adolescent IOP Program is designed to address the needs of adolescent males and females ages 12-17 including strengthening self-esteem, addressing attitudes towards food, weight, and appearance, and improving interpersonal effectiveness. In addition, they also offer a weekly support group and family therapy for parents that assist them with meal supervision issues in addition to addressing the client and family's unique issues. CEDC also has a location in Concord, NH, which is home to a 10-hour partial hospitalization program, a 6.5-hour partial hospitalization program, as well as a day and evening intensive outpatient program.



Silver Hill Hospital's Adolescent Eating Disorders Program provides treatment for teens, ages 13-17, who suffer from a variety of eating disorders, including anorexia, ARFID, bulimia and binge eating disorder. As a psychiatric hospital, they are also able to treat the psychiatric disorders that often co-occur with eating disorders such as mood and anxiety disorders, substance use disorders, and personality disorders. Teens are provided with opportunities to learn balanced and stable eating and exercising patterns, develop greater behavioral and psychological flexibility, challenge unhealthy schemas and core beliefs, and develop a sense of self and values that extends beyond the demands of an eating disorder. Their treatment team includes a full-time psychiatrist, psychologist, licensed clinical social workers and dietitian who have experience working with LGBTQ plus and their families as well as teens who prefer a vegan diet. The adolescent Eating Disorders Treatment Program at Silver Hill offers a strong foundation in Dialectical Behavior Therapy.

# Adolescent Treatment Facilities



**Center for Discovery** has been treating eating disorders for over 15 years and provides residential, partial hospitalization, and intensive outpatient programs nationwide for males and females age 10-18. Center for Discovery views family as an integral part of the recovery process and provides numerous opportunities weekly for family engagement including family therapy, therapeutic family meals, and multifamily process group. Discovery's comprehensive nutrition program promotes active participation in the kitchen through hands on practical experiences that aim to increase client confidence while easing anxiety around food. To ensure world-class eating disorder treatment, Center For Discovery has partnered with the Feinstein Institute for Biomedical Research to measure outcomes during and after treatment as well as readmission rates. Center for Discovery is in network with all major insurance companies and provides complimentary benefit verification. All of Center for Discovery's programs nationwide are Joint Commission accredited and state licensed.



The child and adolescent services at **Eating Recovery Center**, headquartered in Denver, CO, offers a full continuum of comprehensive care from Inpatient through Outpatient services for girls and boys ages 8 through 17. The hallmark component of Eating Recovery Center's treatment approach for children and adolescents is an innovative family program in which parents are empowered to become agents of change for their young loved ones and help them sustain recovery into the future. Individualized, developmentally appropriate treatment plans incorporate medical, psychiatric, psychological and nutritional interventions. A fully equipped Learning Center staffed by a licensed teacher helps patients move forward with their studies and supports a seamless transition back to school following treatment. Cutting-edge recovery technologies support improved treatment outcomes and engage young, tech-savvy patients in their treatment plans. Under the clinical guidance of the nation's foremost eating disorders treatment experts, Eating Recovery Center's Child and Adolescent Services provides all levels of care and offers additional adolescent treatment centers in Colorado, South Carolina, Ohio, Illinois, Texas, California and Washington.



**McLean Klarman Eating Disorders Center (KEDC)** provides state-of-the-art treatment for young women ages 16 to 26. Located on McLean Hospital's Belmont, Massachusetts campus, they are a residential and partial hospital treatment program specializing in the treatment of anorexia nervosa, bulimia nervosa and binge eating disorder. KEDC is a unique program, which draws from all the resources at McLean Hospital, offering a full range of child and adolescent psychiatric services including inpatient, partial hospitalization, short-and long-term acute residential, outpatient treatment and specialized academic services. Each program is designed to emphasize a young person's strengths and promote recovery. Rapid, state-of-the-art diagnosis is integrated with thorough psychosocial assessment so that treatment is tailored to the needs of each adolescent. Consistently ranked a top psychiatric hospital by US News & World Report, McLean is the largest psychiatric teaching hospital of Harvard Medical School and a member of Partners Healthcare.

# Adolescent Treatment Facilities



**Next Generation Village** provides a full continuum of care for youth ages 13-17 who are struggling with addiction, substance abuse, and co-occurring mental health disorders. Their highly trained medical staff includes full-time psychiatrists and masters' level clinicians skilled in treating adolescents with addiction and mental health issues. Each patient receives the personalized attention and support they deserve in a beautiful, safe and secure environment. On-site educational services provide their patients with the opportunity to continue their studies, thus allowing for a smooth transition back to school once treatment has been completed. In addition, comprehensive case management and discharge planning equip their patients with the aftercare plans necessary to be successful in recovery. From the very first call, their team works diligently with families in order to alleviate any additional stress or concerns they may have about the treatment process. Regular updates are provided and family sessions are conducted to continue to repair and strengthen relationships while also equipping them with the tools necessary to support their child once they leave their facility.



At **The Renfrew Center of Boston**, they recognize that the onset of difficulties with eating often occurs during adolescence. Because adolescence is a unique developmental period, that carries with it its own needs and challenges, Renfrew has created specific programming for adolescent girls ages fourteen and older to address the age-specific issues associated with this developmental phase - educational and academic concerns, peer and relationship issues, sexuality and body image concerns. They treat females only who are struggling with anorexia, bulimia, binge eating disorder, and related mental illnesses. Renfrew's programming at the Boston site consists of a comprehensive range of services, including day treatment, intensive outpatient and group therapy. And their two residential campuses are in Philadelphia, PA and Coconut Creek, FL. Renfrew is a preferred provider for most health insurance and managed care companies.



The internationally respected multidisciplinary treatment team at **Rosewood** provides comprehensive care for all stages of recovery from anorexia, bulimia, binge eating disorder, co-occurring addictions and mood/psychiatric disorders. Their specialized adolescent treatment program assigns each adolescent their own treatment team, whose task is to identify and address barriers to recovery, while providing the adolescent with the tools necessary for recovery through a personalized treatment plan. Their leading experts include psychiatrists, physicians, master's level adolescent therapists, addiction specialists, registered dietitians and a nursing staff. Rosewood believes that a strong aftercare plan is crucial to long term recovery and their treatment team works together to evaluate ongoing needs and prepare adolescents for continued success when they return home. Rosewood's alumni coordinator, with a parent or guardian's permission, contacts each adolescent throughout the first year after treatment to check-in on his or her journey through recovery. If additional resources are needed, Rosewood's team of caring professionals are simply a phone call away.

# Adolescent Treatment Facilities



**Timberline Knolls Residential Treatment Center** is located on 43 acres just outside Chicago, offering a nurturing environment of recovery for women and girls ages 12 and older struggling with eating disorders, substance abuse, mood disorders, trauma and co-occurring disorders. Oak Lodge is designated for their adolescent residents, ages 12-18. To ensure that each resident receives the individualized care she needs, Oak has its own dedicated treatment team consisting of a psychiatrist, primary/family therapist, registered dietitian, eating disorder specialist, CADC, nurses and others, who utilize an integrated approach including DBT and expressive therapies. Their young residents attend classes each morning at TK Academy, their program's award-winning on-campus school. Academy staff works with each girl's home school to coordinate approved curriculum so she may continue with her studies during treatment. In addition, Timberline Knolls partners with Tricare to provide treatment for adolescent dependents, ages 12-20, who have a mental health primary diagnosis, including an eating disorder.



**Veritas Collaborative** is a specialty hospital system for the treatment of eating disorders. With locations in Durham, NC, and Richmond, VA, Veritas provides a range of services for individuals ages 8 and older, including inpatient, acute residential, partial hospitalization, and intensive outpatient levels of care. Accredited by The Joint Commission, Veritas Collaborative delivers individualized, evidence-based care in a gender-diverse and inclusive environment. Multidisciplinary treatment teams – made up of physicians, psychiatrists, dietitians, culinary professionals, therapists, nurses, and skilled therapeutic assistants – aim to equip individuals and families with skills to continue recovery in the home environment. At every turn, Veritas Collaborative's focus is on ensuring that each patient's plan of care is cohesive, attainable, sustainable, and geared toward long-term recovery. Features of our Child & Adolescent Program include: hands-on culinary programming, age appropriate academic support, programming for caregivers and the individual's community of support, etc.



**Walden Behavioral Care**, headquartered in Waltham, MA, offers an adolescent continuum of care for males and females ages 12-17. The continuum of care includes inpatient, residential, partial hospitalization, intensive outpatient, and outpatient services. The goal of treatment at Walden's inpatient level of care is to get the adolescent medically stabilized as quickly as is appropriate, so they can move to lower levels of care. As the adolescent moves through the continuum to residential, partial hospitalization, intensive outpatient and outpatient levels of care, programming progressively adds in key aspects of Family-Based Therapy (FBT), an evidence-based therapy proven most effective in the treatment of eating disorders in adolescents. FBT views families as an invaluable resource in treatment as they are uniquely positioned to provide the support and supervision necessary to combat this life-threatening disease. Walden also has locations in Amherst, Braintree, Milford, Peabody, Worcester and Waltham, MA as well as Guilford, South Windsor and Vernon, CT.

## Individual Provider Directory - for College Students



**Hynes Recovery Services** is honored to be collaborating with providers who have both a passion for and expertise in treating college students struggling with body image and/or eating concerns. To learn about each clinician in our directory, please click on their name and you will be directed to their individual provider page.

In order to most effectively identify resources for yourself, a loved one, or student in your care, our team can provide on-going guidance during the process of securing a highly skilled outpatient team in your geographical area. We can also provide support throughout times of transition - when initially starting college, returning to campus post-treatment as well as during the period right after graduation. Hynes Recovery Services is also developing ***Eating Disorder Treatment Teams*** within Massachusetts as well as a comprehensive directory of support group options. These thoroughly vetted resources will be shared with students and their families during their consultations, in order to create a treatment plan that will enable those in crisis to begin their road to recovery. So please reach out...and let the healing begin.

# Individual Provider Directory - for College Students



## Intervention Consults and Clinical Case Management

Dawn Hynes, MSW

## Eating Disorder Practitioners

Melissa Abraham, Ph.D.  
Christina Wood Baker, Ph.D.  
Bob Bordonaro, LICSW  
Sharon Chirban, Ph.D.  
Mary Ellen Crowley, Ph.D.  
Jennifer Culbert, MS, RD, LDN  
Sheri L. Damon, LMHC  
Elayne Daniels, Ph.D.  
Sherrie Delinsky, Ph.D.  
Myra Durkin, MSW, LICSW  
Nina Frank, LICSW  
Sarah Frenette, MS, LMHC, LCPC  
Amy Gardner, MS, RD, LDN  
Ann Goebel-Fabbri, Ph.D.  
Laura J. Goodman, LMHC  
Dana Greene, MS, RD, LDN  
Valerie Gurney, Ph.D.  
Natalie Hill, LICSW  
Sarah J. Kelly, LICSW  
Robyn Kievit Kirkman, FNP-BC,  
RDN, CSSD, CEDRD, LDN

Sarai Logue, LICSW  
Abigail M. McNally, Ph.D.  
Sadie Cole Monaghan, Ph.D.  
Laura Moretti, MS, RD, CSSD, LDN  
Roberto Olivardia, Ph.D.  
Beth O'Malley, Psy.D.  
Sarah O'Neil, M.D.  
Lisa M. Pearl, MS, RD, LDN  
Elizabeth Pratt, Ph.D.  
Meg Salvia, RDN, CDE  
Heidi Schauster, MS, RD, LDN  
Amy Scobie-Carroll, LICSW  
Marilou Shaughnessy, Psy.D.  
Joanne Soolman, MS, RD, LDN  
Rita Teusch, Ph.D.  
Betsy Milas Treiber, LICSW  
Leigh P. Van Dusen, MS, LDN  
Mona Villapiano, Psy.D.  
Rick Wilson, Psy.D.  
Jaimie Winkler, RD, LDN

# Individual Providers



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

305 Newbury Street

Boston, MA 02115

**Email:** [mabraham2@mgh.harvard.edu](mailto:mabraham2@mgh.harvard.edu)

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

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

**Other office location:** Concord

## **Private Practice Information**

**Years in Practice:** 14

**License Number in MA:** 8279

**Session Fees:** \$220 for 50 minute session

**Sliding Scale:** No.

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

**Payment Information:** Session fees are paid at the time of the appointment and may be paid by cash, check, or debit card.

**Session Availability:** Monday through Thursday

## **Clinical Information**

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

**Treat Adolescents / Adults (or both):** 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 at the Adult Eating Disorders Clinical and Research Program at Massachusetts General Hospital, where she remains on staff. Dr. Abraham is Assistant Professor at Harvard Medical School and faculty at the HMS Center for Bioethics.

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. 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. With a part-time practice in the Back Bay and in Concord, 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 are experiencing challenges associated with acculturation.

# Individual Providers



## **Christina Wood Baker, Ph.D.**

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Suite 260

Newton, MA 02459

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

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

**Telephone:** (617) 615-9148

## **Private Practice Information**

**Years in Practice:** 16

**License Number in MA:** 8046

**Session Fees:** \$275 for initial evaluation; \$225 for 45-50 minute individual psychotherapy sessions

**Sliding Scale:** No.

**Accepted Insurance Plans:** None - all services are private pay. For clients with a PPO, they may file for reimbursement.

**Payment Information:** Session fees are paid at the time of appointment by cash, check, or credit card.

**Session Availability:** Office hours are Monday, Wednesday, and Thursday from 9:00am to 6:00pm.

## **Clinical Information**

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

**Treat Adolescents / Adults (or both):** Children over the age of 10, adolescents, and adults.

**Do you provide Family Therapy services?** Consultation to families and parent guidance.

**Treatment Orientation:** CBT, DBT, ACT and Interpersonal Therapy

**Specialty Areas:** All eating and weight disorders, gastric bypass evaluation and support, mood and anxiety disorders

## **Biography**

Dr. Baker is a clinical psychologist in private practice in Newton, MA who specializes in evidence-based treatment for eating and weight disorders as well as anxiety disorders. Dr. Baker received her B.A. in psychology from Brown University. She received her Ph.D. from Yale University, with a focus on health psychology and cognitive-behavioral therapy (CBT). While at Yale, she trained at the Yale Center for Eating and Weight Disorders, receiving supervision in both CBT and interpersonal treatments for eating disorders and obesity. She also spent a year training at the BU Center for Anxiety and Related Disorders in the pediatric and adolescent anxiety program. She completed her predoctoral internship in a combined pediatric/adult health psychology program at the Boston VA and Tufts Floating Hospital for Children, after which she was a research and clinical fellow at Harvard Medical School, based at the Massachusetts General Hospital (MGH) Weight Center. There, she worked with patients with severe obesity and did research on the impact of gastric bypass on reward-based eating and binge eating.

For the past decade, Dr. Baker has focused primarily on clinical work and was based at the MGH Adult Eating Disorders Clinical and Research Program until 2010. She now spends most of her time in private practice and continues to collaborate on writing and research projects with colleagues. She has been acting as a consultant to Walden Behavioral Care's clinical eating disorder programs since 2010.

# Individual Providers



## **Bob Bordonaro, LICSW**

800 Massachusetts Avenue, #2

Arlington, MA 02476

Email: [rjb123195@yahoo.com](mailto:rjb123195@yahoo.com)

Telephone: (781) 454-8878

## **Private Practice Information**

Years in Practice: 17

License Number in MA: 110703

Session Fees: Individual: \$150/session; Families: \$250/session; Consultations are \$250/hour

Sliding Scale: No.

Accepted Insurance Plans: None. All services are private pay; however, receipts are provided for clients with PPO plans.

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

Session Availability: Office hours are available in the evenings and on week-ends.

## **Clinical Information**

Treat Males / Females (or both): Both

Treat Adolescents / Adults (or both): Both (ages 18 and up).

Do you provide Family Therapy services? Yes.

Treatment Orientation: Client centered/solution focused, CBT/DBT, skill building, and process-oriented.

Specialty Areas: Eating Disorders, Individual and Family Therapy, Meal Support, and Crisis Evaluations/Consultation

## **Biography**

Bob Bordonaro, MSW, LICSW received his graduate degree in social work from Simmons College in 1998. He has worked in the mental health field for over 25 years working at many different levels of care. He started as a milieu/group therapist in residential care for the treatment of borderline personality disorder and conducted weekend mental health PHP for adults at McLean Hospital. He handled psychiatric crisis evaluations in the emergency room at a metro west Boston Hospital, case managed at Walden Behavioral Care for an inpatient eating disorders unit, inpatient psychiatric unit and residential program, and also directed their PHP and IOP eating disorders program. Bob then became the Admissions Director for Laurel Hill Inn's Residential Eating Disorders Program, followed by two years as the Professional Outreach Representative for Timberline Knolls Residential Treatment Center.

Bob is currently the Program Director at Walden Behavioral Care in Peabody, MA. He also maintains a small private practice treating clients and families struggling with an eating disorder. In addition, Bob also has extensive knowledge in dealing with managed care insurance. He is a current professional member of NASW and is President of iaedp Metro Boston.

# Individual Providers



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

29 Commonwealth Avenue

Suite 901

Boston, MA 02116

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

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

**Other office locations:** Carlisle

## **Private Practice Information**

**Years in Practice:** 21

**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 Providers



## **Mary Ellen Crowley, Ph.D.**

57 Bedford Street

Suite 230

Lexington, MA 02420

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

**Telephone:** (617) 855-2571

**Fax:** (781) 240-8517

## **Private Practice Information**

**Years in Practice:** 16

**License Number in MA:** 7921

**Session Fees:** \$325 for 50-minute individual psychotherapy sessions, \$100 for 50-minute group psychotherapy sessions

**Sliding Scale:** No.

**Accepted Insurance Plans:** None – all services are private pay. If client has a PPO, they may file for reimbursement.

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

**Session Availability:** Group psychotherapy, M-F 9-6pm. Individual sessions, Tuesdays, Thursdays and Fridays from 9am to 6pm.

## **Clinical Information**

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

**Treat Adolescents / Adults (or both):** Individuals over the age of 16

**Do you provide Family Therapy services?** Yes, consultation only.

**Treatment Orientation:** CBT, DBT, ACT and Interpersonal Therapy

**Specialty Areas:** Eating Disorders, Mood and Anxiety Disorders, Personality Disorders and Adjustment Issues

## **Biography**

Dr. Crowley is a clinical psychologist who holds appointments with both Harvard Medical School and McLean Hospital. She graduated Phi Beta Kappa with honors in psychology from Bucknell University. She completed her masters and doctoral degrees at Ohio University and her pre and post doctoral fellowships at McLean Hospital/Harvard Medical School. Dr. Crowley is the former Clinical Coordinator of the Adult Eating Disorder Specialty Track at McLean's Behavioral Health Partial Program. She is currently the Senior Eating Disorders Consultant at the Pavilion Program at McLean Hospital. Dr. Crowley is the founder of Lexington Group Therapy, an outpatient group psychotherapy service offering CBT, ACT and DBT skills groups for eating disorders, anxiety and mood disorders, adjustment disorders and personality disorders. In addition to her 16 years experience in private practice providing psychotherapy and consultation services, she has supervised pre and post-doctoral psychology interns at the Klarman Eating Disorders Center at McLean Hospital. Dr. Crowley also provides professional supervision and business coaching for psychotherapists looking to build a private practice specialized in the treatment of eating disorders. Dr. Crowley has taught both undergraduate and graduate level psychology courses and regularly lectures, presents and publishes research on the topic of eating disorders.

# Individual Providers



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

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Suite 625

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

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

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

## **Private Practice Information**

**Years in Practice:** 7

**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 Providers



## **Sheri L. Damon, LMHC**

The Foundation for Learning, Inspiring, Health & Healing

696 Moraine Street

Marshfield, MA 02050

**Email:** [sheri@flihh.com](mailto:sheri@flihh.com)

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

**Telephone:** (781) 834-5750

## **Private Practice Information**

**Years in Practice:** 21

**License Number in MA:** 6965

**Session Fees:** \$125 for 50 minute session

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** BCBS, Tufts, UBH/HP

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

**Session Availability:** Office hours are Monday through Friday (early morning 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:** CBT; DBT and Mindfulness/Mind-body approaches; Family systems;  
Group Therapy theory

**Specialty Areas:** Eating Disorders; Healthy relationships with technology

## **Biography**

Sheri Damon, LMHC, owner of Alternative Consultation, Counseling & Training (ACCT) possesses a background of over 27 years of experience working with clients and has also consulted or trained in a number of professional arenas. Her experience in a wide variety of treatment settings has enabled her to work with a diverse population struggling with eating disorders, depression and anxiety, as well as supporting clients of all ages facing issues with healthy technology use.

With a Master's Degree in Counseling Psychology, Ph.D. level training from Northeastern University, and psychodynamic approaches learned while pursuing a B.A. at Clark University, Sheri possesses a unique perspective for working with individuals across the lifespan. These experiences have inspired creative interventions with attention to the numerous intervening life factors in healing. Sheri has had a great deal of success helping clients make progress in developing and maintaining healthy relationships with technology, Eating Disorder recovery, developing behavioral intervention plans, decreasing symptoms of anxiety and depression and using cognitive, behavioral and mind-body skills and techniques to help clients regain their health. Sheri has presented on a wide array of mental health topics for parent events, schools and professional organizations. Sheri is part of the Massachusetts Mental Health Counselors Association, the South Shore Coalition of Independent Therapists, William James College Interface, and maintains a strong working relationship with a number of professionals and local schools.

# Individual Providers



## **Elayne Daniels, Ph.D.**

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Suite 105

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

**Telephone:** (781) 575-0390

**Fax:** (781) 821-1743

## **Private Practice Information**

**Years in Practice:** 20

**License Number in MA:** 7498

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

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** BCBS PPO

**Payment Information:** Session fees may be paid by cash, check or credit card (along with associated session fee).

**Session Availability:** Provider is available seven days per week, including some evening hours.

## **Clinical Information**

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

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

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

**Treatment Orientation:** Integrated

**Specialty Areas:** Binge Eating Disorder, Bulimia, Anorexia, Body image concerns and Trauma

## **Biography**

Elayne Daniels, PhD, NHSP, RYT is a private practice clinical psychologist with over twenty years experience in research and clinical practice. She is a recognized leader in the field of body image and eating disorders, as well as in yoga integrated treatment. Dr. Daniels completed predoctoral, postdoctoral, and advanced postdoctoral training at Yale University School of Medicine. She is a longstanding member of the Academy of Eating Disorders, National Eating Disorder Association, Multi-service Eating Disorder Association, International Association of Yoga Therapists, and the American Psychological Association.

Among her professional activities, Dr. Daniels has presented nationally and locally on eating disorders, body image, and other mental health topics, including mindfulness and resiliency. She has published in professional journals, been the featured guest on radio and television programs, and her work has also been published in the popular press and on a variety of blogs. Dr. Daniels' passion in this field stems from personal experience, which allows for a deep understanding and ongoing commitment to prevention and education.

Dr. Daniels is available to provide both supervision and consultation services on complex eating disorder cases.

# Individual Providers



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

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Wellesley, MA 02481

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

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

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

## **Private Practice Information**

**Years in Practice:** 16

**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 Providers



## **Myra Durkin, MSW, LICSW**

211 Morrison Avenue  
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**Website:** [www.myradurkin.com](http://www.myradurkin.com)

**Telephone:** (617) 628-7155

**Fax:** (617) 628-7155

## **Private Practice Information**

**Years in Practice:** 31

**License Number in MA:** 106769

**Session Fees:** \$140-\$160 per 50 minute session

**Sliding Scale:** Yes, for those clients with limited financial means.

**Accepted Insurance Plans:** Out-of-network Plans

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

**Session Availability:** Office hours are Monday through Friday; some evening appointments 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:** Psychodynamic, Motivational interviewing, CBT, Meditation Plus, Self-Hypnosis, and Relaxation

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

## **Biography**

Myra has been in private practice specializing in treating clients with eating disorders for thirty years. Her interest in this field began during college, where she noticed that a significant number of her peers struggled with eating concerns, and for some, more serious eating disorders. Myra wanted to better understand why these classmates – all high achievers – had such low self-esteem and poor body image. This led her to pursue a career in clinical social work, during which time she interned at Harvard University's Mental Health Services. After receiving her MSW from Simmons School of Social Work, Myra worked at Wheelock College. In 1993, she began a four-year training in Meditation Plus, a combination of mindfulness, meditation and self-hypnosis. This program included extensive training in the treatment of eating disorders. Myra's unique background has brought her to a deeper understanding of clients' needs, helping them to access their feelings and start to feel better about themselves. Myra has seen dramatic changes in her clients as a result of this mind/body approach.

Myra works with students from Harvard, MIT, Tufts, Lesley, Emerson, Berklee, UMass and other colleges and universities. She also treats adolescents from high schools in the Boston area and a large number of adults.

# Individual Providers



## **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:** 6

**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 Providers



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

1330 Beacon Street

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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:** 10

**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 Providers



## **Amy Gardner, MS, RD, LDN**

1400 Centre Street

Suite 207

Newton, MA 02459

**Email:** [amy@metrowestnutrition.com](mailto:amy@metrowestnutrition.com)

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

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

**Fax:** (617) 795-1637

**Other office locations:** Framingham, Northborough

## **Private Practice Information**

**Years in Practice:** 17

**License Number in MA:** 2055

**Session Fees:** \$127 per hour for 50 minute session

**Sliding Scale:** No.

**Accepted Insurance Plans:** BCBS, HPHC, Tufts, Aetna, United (out of network), Fallon, Cigna

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

**Session Availability:** Office hours are Monday, Wednesday, Thursday, Friday and some Saturdays. Evening hours also available.

## **Clinical Information**

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

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

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

**Treatment Orientation:** Provider offers individual and family-based nutrition counseling focusing on mindful eating strategies.

**Specialty Areas:** Anorexia, Bulimia, BED, Diabulimia, Adolescents, Feeding Disorders, Autism, ADHD

## **Biography**

Amy Gardner is the founder of Metrowest Nutrition, LLC and has worked in the field of eating disorders for 15 years. She holds a Masters degree in clinical nutrition from New York University and completed a dietetic internship at the Bronx Veterans Affairs Medical Center. Amy enjoys moving clients towards a healthier, more enjoyable relationship with food and their bodies. She uses a non-diet approach and mindfulness techniques to help empower individuals to listen to their internal cues and become more attuned to their bodies' unique biological rhythms. She employs a family-based model with younger adolescents and incorporates aspects of CBT, DBT and FST into her counseling. Work experience includes the Klarman Eating Disorder Center and the Behavioral Health Partial Program at McLean Hospital and Germaine Lawrence School in Arlington, MA. Outside her own clinical work, Amy manages a group practice where she mentors other dietitians and oversees business development. Additionally, she creates and contributes to wellness programs in schools and corporations throughout New England. She is also a contributing author at Today's Dietitian. Professional affiliations include the Academy for Eating Disorders, International Association of Eating Disorder Professionals, International Federation of Eating Disorder Dietitians and the Massachusetts Dietetics Association.

# Individual Providers



## **Ann Goebel-Fabbri, PhD**

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**Website:** [www.anngoebel-fabbri.com](http://www.anngoebel-fabbri.com)

**Telephone:** (617) 513-9327

## **Private Practice Information**

**Years in Practice:** 18

**License Number in MA:** 7583

**Session Fees:** \$200 for 50 minute individual sessions

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** None - all services are private pay.

**Payment Information:** Session fees may be paid in cash or by check at the time of appointment.

**Session Availability:** Office hours are Monday through Friday and range from 8am to 6pm, depending upon the day.

## **Clinical Information**

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

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

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

**Treatment Orientation:** Psychodynamic and cognitive behavioral approaches.

**Specialty Areas:** Eating Disorders in Type 1 Diabetes (“Diabulimia”), Bulimia Nervosa, Binge Eating Disorder, Healthy behaviors

## **Biography**

Dr. Ann Goebel-Fabbri received her BA from Wesleyan and Oxford Universities and her PhD in clinical psychology from Boston University. She worked as a Senior Psychologist at Joslin Diabetes Center for over 15 years and is currently in full time private practice. Ann is an Assistant Professor of Psychiatry at Harvard Medical School. Dr. Goebel-Fabbri is also a specialist in eating disorders treatment and weight management.

While at Joslin, Dr. Goebel-Fabbri directed the diabetes/eating disorders program and created a staff training program for an eating disorder center in the Boston area to help them better address the unique needs of these clients. In addition, her treatment and research covered the spectrum of eating problems from anorexia, bulimia, and insulin restriction to binge eating and obesity. She was a co-creator of “Why WAIT” at Joslin (Weight Achievement and Intensive Treatment), a weight management and wellness program for patients with type 2 diabetes. She was also a senior contributing author to *The Diabetes Breakthrough*, a book based on this successful program. Dr. Goebel-Fabbri continues to teach nationally about these issues. Her work has been featured on NPR, Good Morning America, CNN, USA Today, the New York Times, and other news media outlets.

# Individual Providers



## **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:** 25

**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 Providers



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

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Brookline, MA 02446

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

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

## **Private Practice Information**

**Years in Practice:** 11

**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 Providers



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

800 Massachusetts Ave.

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Arlington, MA 01730

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

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

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

## **Private Practice Information**

**Years in Practice:** 13

**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 Providers



## **Natalie L. Hill, LICSW**

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**Website:** [www.nataliehill.info](http://www.nataliehill.info)

**Telephone:** (617) 501-5067

## **Private Practice Information**

**Years in Practice:** 8

**License Number in MA:** 116417

**Session Fees:** Individual: \$120 for 50 minute individual psychotherapy session; \$150 for initial evaluation; \$35 for group therapy

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** Blue Cross, Tufts, and plans with an out-of-network benefit.

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

**Session Availability:** Saturdays and by appointment.

## **Clinical Information**

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

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

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

**Treatment Orientation:** CBT, DBT, Motivational Interviewing, and Narrative Therapy

**Specialty Areas:** All eating disorders and disordered eating; co-occurring mood and anxiety disorders

## **Biography**

Natalie holds an MSW from Simmons College and an M.Div. from Boston University. She has worked with eating disorders across all levels of care, including inpatient, partial-hospital and intensive outpatient programs, as well as outpatient therapy. Natalie has developed treatment programming and resources incorporating evidence-based and mind-body practices, and developed and supervised a graduate-student training program in eating disorders. Currently, Natalie divides her time between her private practice and clinical work at Walden Behavioral Care. Her other professional activities include research, publications, and presentations on eating disorders and other topics related to mental health and spirituality.

Natalie is dedicated to improving treatment outcomes for individuals with eating disorders, drawing on her professional expertise and personal experience. As a result, her treatment approach is individualized and multi-faceted, addressing the specific functions an eating disorder serves for each client. She collaborates closely with family and other providers to support lasting recovery, including family based therapy when indicated. Natalie is particularly skilled at supporting individuals at risk for hospitalization, and those who are transitioning out of higher levels of care.

# Individual Providers



**Sarah J. Kelly, LICSW**  
1218 Massachusetts Avenue  
Cambridge, MA 02138  
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**Telephone:** (617) 905-7517

## Private Practice Information

**Years in Practice:** 14

**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 Providers



## **Robyn Kievit Kirkman, FNP-BC, RDN, CSSD, CEDRD, LDN**

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

**Telephone:** (617) 838-4788

**Fax:** (857) 284-7238

**Other office locations:** Concord

### **Private Practice Information**

**Years in Practice (NP):** 18

**License Number in MA:** 232084

**Years in Practice (RD):** 22

**License Number in MA:** 1497

**Session Fees:** Initial consult is \$300. Follow-up appointments are \$125 in person or virtual.

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** BCBS, Aetna, Harvard Pilgrim and/or private pay.

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

**Session Availability:** Tuesdays from 11am until 8pm in Boston; Wednesdays and occasional Friday afternoons in Concord. Virtual appointments Monday/Thursday nights and Fridays.

### **Clinical Information**

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

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

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

**Treatment Orientation:** Motivational Interviewing, Medical Nutrition Therapy, Individual Counseling and Family Support

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

### **Biography**

A registered dietitian nutritionist, certified specialist in sports dietetics, certified eating disorders registered dietitian, and family nurse practitioner with over 20 years of experience, Robyn supports her clients in the areas of eating disorders, weight management, sports nutrition and wellness goals. Robyn employs a patient, mentoring approach in her work, with an emphasis on helping clients attain their best health in small, new, habitual lifestyle steps while focusing on the positives of what clients are already practicing on their own. Her varied work background – as cardiac dietitian, staff nurse, nurse practitioner and nutrition consultant to schools, hospitals and professional sports teams – has given her a unique ability to achieve positive client results. Robyn sits on several national consumer advisory boards, speaks nationally at industry conferences and events, and has appeared live on both television and radio. She has been quoted in national and local media. She was also on staff at Emerson College for a decade and remains per diem at Walden Behavioral Care in addition to her private practice. Robyn has worked with adolescents and adults in the field of eating disorders her entire career.

# Individual Providers



## **Sarai Logue, LICSW**

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**Telephone:** (857) 272-0918

**Fax:** (617) 441-3030

## **Private Practice Information**

**Years in Practice:** 11

**License Number in MA:** 116807

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

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** Blue Cross Blue Shield

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

**Session Availability:** Office hours are Mondays, Wednesdays, and Fridays – evening appointments also available.

## **Clinical Information**

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

**Treat Adolescents / Adults (or both):** Age 17 and older.

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

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

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

## **Biography**

Sarai earned her Master's Degree in Social Work from the University of Iowa in 2006, and has devoted her professional career to working with individuals with eating disorders. She completed her internship in the adult in-patient and partial hospitalization programs at the University of Iowa Hospitals and Clinics.

After moving to Boston, Sarai worked at Walden Behavioral Care, first on their in-patient unit, then in their partial hospitalization program, and then ultimately co-developed the adolescent intensive out-patient program. In 2008, Sarai joined the team at Laurel Hill Inn and worked as both a clinical case manager and the interim Assistant Clinical Director. She opened her private practice in 2012 and is passionate about helping individuals find freedom from their eating disorder.

Sarai is a member of the Academy of Eating Disorders and the Multi-Service Eating Disorder Association.

# Individual Providers



## **Abigail M. McNally, Ph.D.**

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

**Telephone:** (617) 492-0750

## **Private Practice Information**

**Years in Practice:** 13

**License Number in MA:** 8239

**Session Fees:** \$250 for individual therapy/psychoanalysis (45 minutes); \$275 for couples/parent guidance/family (45 minutes).

**Sliding Scale:** No.

**Accepted Insurance Plans:** None (Private pay only; Clients with PPO plans may be able to seek reimbursement).

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

**Session Availability:** Office Hours: Monday, Wednesday and Friday from 8am-2pm; Tuesday and Thursday from 8am-5pm.

## **Clinical Information**

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

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

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

**Treatment Orientation:** Psychoanalytic/psychodynamic, DBT-informed, integrative

**Specialty Areas:** All eating disorders, trauma/PTSD/rape, personality disorders, anxiety and depression

## **Biography**

Dr. Abigail McNally is a licensed psychologist and psychoanalyst in private practice in Harvard Square (Cambridge) with over a decade of clinical experience. Dr. McNally holds a BA (Brown University), MA (Boston University), and PhD (Boston University) in psychology, and has also obtained certification as a psychoanalyst (Massachusetts Institute for Psychoanalysis). Trained in psychoanalytic and dialectical-behavioral models (DBT), she specializes in intensive treatments with individuals looking to make deep and lasting changes in the ways they approach love, work, and play. With a warm, compassionate, flexible, and integrative approach, Dr. McNally's work reflects utmost respect and humility for the complexity of the human condition. She works with college students, adults, adolescents, couples, and parents, and also provides supervision and consultation to other clinicians in the field. In addition, Dr. McNally maintains specialties in the treatment of eating disorders, trauma/PTSD/rape, and personality disorders. She has formerly held positions as Assistant Clinical Director of the Laurel Hill Eating Disorder Residential Treatment Center and as Psychology Training Director at Two Brattle Center. In addition to her clinical work, Dr. McNally currently holds teaching/supervisory positions as Lecturer and Clinical Supervisor at Harvard Medical School Instructor at Smith College School of Social Work, and Teaching and Supervising Faculty at the Massachusetts Institute for Psychoanalysis (MIP).

# Individual Providers



## **Sadie Cole Monaghan, Ph.D.**

78 Junction Square Drive, Suite A  
Concord, MA 01742

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**Website:** <https://www.linkedin.com/pub/sadie-cole-monaghan-ph-d/3/898/661>

**Telephone:** (617) 855-4437

**Other office locations:** Sudbury

## **Private Practice Information**

**Years in Practice:** 6

**License Number in MA:** 10138

**Session Fees:** \$300 for 90 minute initial consultation; individual session is \$200 and group sessions are \$80.

**Sliding Scale:** No.

**Accepted Insurance Plans:** None; all services are self-pay, although some PPO plans may reimburse for services.

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

**Session Availability:** By appointment; some weekend appointments may be available.

## **Clinical Information**

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

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

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

**Treatment Orientation:** Individual psychological intervention using CBT, DBT, and ACT approaches.

**Specialty Areas:** Eating disorders, OCD, BDD, and personality disorders.

## **Biography**

Dr. Sadie Monaghan is a licensed clinical psychologist, holds a staff position in the Behavioral Health Partial Program at McLean Hospital, and also holds a joint appointment as a Staff Psychologist at McLean Hospital and an Instructor in Psychology in the Department of Psychiatry at Harvard Medical School. Dr. Monaghan graduated summa cum laude with honors from Temple University, and received her Ph.D. in psychology from Harvard University. She completed her predoctoral internship at McLean Hospital/Harvard Medical School, during which she received training at the Klarman Eating Disorders Center. She completed a post-doctoral fellowship at the OCD Institute at McLean Hospital. Dr. Monaghan is a member of the International OCD Foundation, the Association for Behavioral and Cognitive Therapies, the Massachusetts Psychological Association, and the Association for Contextual Behavioral Science. She is engaged in ongoing research and publication in treatment outcomes related to OCD and eating disorders. She maintains a small outpatient private practice (locations in Belmont and Sudbury) providing group and individual treatment of eating disorders, OC-spectrum disorders including OCD and BDD, mood and anxiety disorders including post-partum depression and anxiety, and personality disorders. Dr. Monaghan also has a role as a group leader with Lexington Group Therapy with Dr. Mary Ellen Crowley, where she conducts evidence-based group treatment for eating, anxiety, and mood disorders using ACT, CBT, and DBT approaches.

# Individual Providers



## **Laura Moretti, MS, RD, CSSD, LDN**

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**Telephone:** (617) 355-3501 / (781) 216-2880

**Fax:** (781) 216-1101

**Other office locations:** Newton (private practice)

## **Private Practice Information**

**Years in Practice:** 7

**License Number in MA:** 3825

**Session Fees:** Insurance co-pays to be determined by client's individual policy.

**Sliding Scale:** Yes, but only in the private practice setting.

**Accepted Insurance Plans:** BCBS, HPHC, NHP, Tufts, Network Health, Medicare, Aetna, Cigna, Fallon, UHC, PHCS/Multiplan, Humana

**Payment Information:** Session fees may be paid by debit card, credit card, Apple Pay, or by personal checks.

**Session Availability:** Monday through Friday from 8am to 5pm. (Private practice hours available upon request).

## **Clinical Information**

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

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

**Do you provide Family Therapy services?** No, only family support and consultation.

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

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

## **Biography**

Laura Moretti completed her Master's Degree in clinical nutrition as well as a didactic program in clinical dietetics at New York University's Steinhardt School of Education (Department of Nutrition and Food Studies). She then completed her dietetic internship at New York Presbyterian Hospital, receiving intensive training while working at the Weill Cornell Medical Center inpatient eating disorder treatment program. She also worked as the Primary Nutrition Therapist at both Appleman Nutrition and the Columbus Park Collaborative in New York City. Laura recently moved to Boston from New York City to join the Sports Medicine Team at Boston Children's Hospital where she is the Dietitian for their Female Athlete Program. She specializes in sports performance based nutrition as well as treating low energy availability, disordered eating and eating disorders in athletes. Laura has an extensive amount of experience in consulting with and collaborating alongside practitioners from local colleges, universities, professional sport teams and dance companies. In addition, she is the consulting RD for the Boston Ballet Company.

Professional associations include membership in the Academy of Nutrition and Dietetics, Academy of Eating Disorders, National Eating Disorders Association, and the Massachusetts Dietetic Association.

# Individual Providers



## **Roberto Olivardia, Ph.D.**

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**Telephone:** (781) 999-3000

**Fax:** (781) 779-1630

## **Private Practice Information**

**Years in Practice:** 14

**License Number in MA:** 7951

**Session Fees:** \$275 for 50 minute session.

**Sliding Scale:** No.

**Accepted Insurance Plans:** None, although PPO plans will reimburse for a portion of the session fee.

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

**Session Availability:** Monday through Friday, and sessions take place between 8am and 9pm, depending on the day.

## **Clinical Information**

**Treat Males / Females (or both):** Males. (Also treat Females with comorbid ADHD or Body Dysmorphic Disorder)

**Treat Adolescents / Adults (or both):** Children, Adolescents, and Adults

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

**Treatment Orientation:** Psychodynamic, Cognitive-Behavioral Therapy, Acceptance and Commitment Therapy (ACT).

**Specialty Areas:** Boys and men with eating disorders, Body Dysmorphic Disorder (BDD), OCD, and ADHD.

## **Biography**

Dr. Roberto Olivardia is a Clinical Instructor of Psychology at Harvard Medical School and Clinical Associate at McLean Hospital in Belmont, Massachusetts. He maintains a private practice in Lexington, Massachusetts, where he specializes in the treatment of eating disorders and body image problems in boys and men, including anorexia, bulimia, binge eating disorder, anabolic steroid users, muscle dysmorphia and body dysmorphic disorder. He has been conducting research and published scientific papers in this under-served population since 1994. He is co-author of “**The Adonis Complex**”, a book which details the various manifestations of body image problems in men.

In addition, Dr. Olivardia specializes in the treatment of Body Dysmorphic Disorder (BDD), Obsessive-Compulsive Disorder (OCD), executive functioning issues and Attention Deficit Hyperactivity Disorder (ADHD). He currently sits on the Scientific Advisory Board of ADDitude Magazine, a publication offering support and strategies for individuals with ADHD and Learning Disabilities. He has appeared in publications such as TIME, GQ, and Rolling Stone, and has been featured on Good Morning America, EXTRA, CBS This Morning, CNN, Fox and Friends, and VH1.

# Individual Providers



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

**Framingham, MA**

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

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

\*Provider is also available to offer teletherapy by appointment.

## **Private Practice Information**

**Years in Practice:** 6

**License Number in MA:** 9299

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

**Sliding Scale:** No.

**Accepted Insurance Plans:** Private pay only, but can provide receipts for those seeking reimbursement from their insurance.

**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 Providers



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

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

**Fax:** (844) 341-5517

## **Private Practice Information**

**Years in Practice:** 12

**License Number in MA:** 219024

**Session Fees:** Initial Evaluation is \$350; 45 minute follow-up is \$250; 20 minute follow-up is \$175

**Sliding Scale:** No.

**Accepted Insurance Plans:** None.

**Payment Information:** Cash, check or credit card is due at the time of appointment.

**Session Availability:** Wednesday: 9am-1pm; Thursday: 9am-1pm; and Friday: 10am-4pm

## **Clinical Information**

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

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

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

**Treatment Orientation:** Provider offers therapy, medication management and consultation.

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

## **Biography**

Dr. O'Neil received her medical training at Johns Hopkins University School of Medicine in Baltimore, Maryland. Her post-graduate medical training included one year of internal medicine internship followed by three years of adult psychiatry residency at the Massachusetts General Hospital 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.

Dr. O'Neil is an associate psychiatrist at McLean Hospital and an Instructor of Psychiatry, part time, at Harvard Medical School. She lectures to psychiatry residents at MGH/McLean and the Cambridge Health Alliance on diagnosis and management of Eating Disorders. She also maintains a private practice in Newton Centre. She treats teenagers and adults with mood disorders, anxiety disorders and/or eating disorders. Dr. O'Neil provides consultation, diagnostic evaluations and ongoing care (psychotherapy and psychopharmacology) to teens and adults. She is trained in psychodynamic therapy, cognitive behavioral therapy (CBT) and dialectic behavioral therapy (DBT), and incorporates all three modalities into her work.

Dr. O'Neil is Board Certified in General Psychiatry as well as Child and Adolescent Psychiatry. She is also a member of the Academy for Eating Disorders and the American Psychiatric Association.

# Individual Providers



## **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:** 33

**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 Providers



## **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:** 10

**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 Providers



## **Meg Salvia, RDN, CDE**

1280 Massachusetts Ave., 2nd Floor

Cambridge, MA 02138

**Email:** [meg@megsalvia.com](mailto:meg@megsalvia.com)

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

**Telephone:** (617) 982-3933

## **Private Practice Information**

**Years in Practice:** 6

**License Number in MA:** 3589

**Session Fees:** \$180 (for one-hour session)

**Sliding Scale:** Yes.

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

**Payment Information:** Co-payments and sessions not covered by insurance may be paid with cash, check, or credit card.

**Session Availability:** Office hours on Wednesdays and Fridays from 8am to 4pm.

## **Clinical Information**

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

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

**Do you provide Family Therapy services?** Inclusion of parents for adolescent patients and FBT available if requested.

**Treatment Orientation:** MNT, Intuitive Eating, Health at Every Size (HAES), individual nutrition counseling

**Specialty Areas:** Anorexia, Bulimia, Binge Eating Disorder, Disordered Eating/Emotional Eating Patterns, and Diabetes

## **Biography**

Meg Salvia, RDN, CDE is a licensed registered dietitian nutritionist and Certified Diabetes Educator specializing in nutrition counseling for individuals with eating disorders, disordered or emotional eating patterns, and diabetes (including type 1, type 2, and gestational diabetes). She takes a balanced, non-diet approach to nutrition, promoting a positive relationship with both food and the body. Meg completed her undergraduate studies at Boston College and graduated from Boston University with a Master's degree in nutrition science. Prior to returning to school for her graduate degree, she spent over five years on a research team at the Joslin Diabetes Center with an emphasis on the treatment of young adults and type 1 diabetes. She is an author and editor for education publishing companies and continuing education curriculum for dietitians. She also presents on the topic of managing eating disorders and co-occurring diabetes diagnoses.

In addition to treating clients at her private practice in Harvard Square, Meg is the clinical dietitian at Walden Behavioral Care's Peabody Clinic, seeing patients in the partial hospitalization program for adults and adolescents and the binge eating disorder intensive outpatient program.

# Individual Providers



## **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:** 19

**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 Providers



## **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:** 11

**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 Providers



## **Marilou Shaughnessy, Psy.D.**

**58 Elmhurst Road  
Newton, MA 02458**

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

**Telephone: (617) 332-3577**

**Fax: (617) 332-3577**

## **Private Practice Information**

**Years in Practice: 16**

**License Number in MA: 8234**

**Session Fees: \$200 for 50 minute sessions.**

**Sliding Scale: Yes.**

**Accepted Insurance Plans: BCBS**

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

**Session Availability: Office hours on Mondays, Fridays and some evenings.**

## **Clinical Information**

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

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

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

**Treatment Orientation: Cognitive Behavioral Therapy, Relational Therapy, and Mindfulness-Based**

**Specialty Areas: Eating Disorders, Anxiety and Depression, and Athletes**

## **Biography**

Dr. Marilou Shaughnessy is a licensed clinical psychologist in private practice in Newton, MA specializing in treatment for eating disorders, anxiety and depression. She previously worked at Boston Children's Hospital as both a staff psychologist in Sports Medicine as well as in the Optimal Weight for Life Program. She received a doctorate in clinical psychology at the Massachusetts School of Professional Psychology (now William James College), and completed her pre-doctoral training at Tufts University Counseling Center, and a post-doctoral fellowship at Simmons College Counseling Center.

Dr. Shaughnessy is also a staff psychologist at the Newton-Wellesley Hospital Pain Clinic. She has specialized in the psychological impact of concussions and other sports injuries, the female athlete triad, and over-exercising. She works with an individualized, collaborative approach by integrating a relational model with cognitive behavioral therapy (CBT), mindfulness training, and positive psychology.

# Individual Providers



## **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:** 6

**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 Providers



## **Rita Teusch, Ph.D.**

129 Mt. Auburn St. (Harvard Square)

Cambridge, MA 02138

**Email:** [ritateusch@verizon.net](mailto:ritateusch@verizon.net)

**Telephone:** (617) 354-2216

**Fax:** (781) 643-0049

## **Private Practice Information**

**Years in Practice:** 29

**License Number in MA:** 4254

**Session Fees:** \$180 for 50 minute session

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** Blue Cross PPO

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

**Session Availability:** Office hours are Monday-Friday, 8am-3pm (Monday and Wednesday evening appointments are also available).

## **Clinical Information**

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

**Treat Adolescents / Adults (or both):** Adults over 18

**Do you provide Family Therapy services?** No; however, provider does provide couples therapy if appropriate.

**Treatment Orientation:** Psychodynamic; more structured CBT if indicated

**Specialty Areas:** Various types of eating disorders, including eating disorders subsequent to trauma

## **Biography**

Dr. Teusch is a licensed psychologist who has treated patients with anorexia, bulimia and binge-eating disorder for the past 29 years. In the 1990's, she was the Eating Disorders Specialist on the Women's Unit at Charles River Hospital and at the Center for Women's Development at Arbor HRI-Hospital in Brookline, MA. She was an Eating Disorders Consultant to Dana Hall School in Wellesley, MA and led Eating Disorder Support Groups at the Wellesley College Counseling Center. She has a special interest in how trauma and dissociation are associated with the development and maintenance of eating disorders.

Dr. Teusch has published in the International Journal of Eating Disorders and in Psychoanalytic Journals. She is a Training and Supervising psychoanalyst at the Boston Psychoanalytic Society and Institute (BPSI) and has presented at Grand Rounds and Seminars in the Boston area and nationally (UMass Medical Center, MIT, Harvard College, Boston University, Emerson College, Boston Psychoanalytic Society and Institute, as well as the Annual Meetings of the American Psychoanalytic Association in New York and Chicago). Dr. Teusch is a part-time Lecturer in Psychiatry (Psychology) at the Cambridge Health Alliance, Harvard Medical School and supervises psychology interns and postdoctoral fellows. She is also part of a psychodynamic oriented eating disorders study group and provides clinical consultation and supervision to clinicians treating clients with eating disorders.

# Individual Providers



## **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:** 29

**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 29 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 Providers



## **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

**Other Office Location:** Needham

## **Private Practice Information**

**Years in Practice:** 14

**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 Providers



## **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:** 32

**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 Providers



## **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:** 13

**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 13 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 Providers



## **Jaimie Winkler, RD, LDN**

**94 Pleasant Street**

**Arlington, MA 02476**

**Email:** [jwinkler@nutritionbites.org](mailto:jwinkler@nutritionbites.org)

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

**Telephone:** (617) 855-5095

**Fax:** (857) 999-3922

**Other office locations:** Newton

## **Private Practice Information**

**Years in Practice:** 10

**License Number in MA:** 2516

**Session Fees:** \$200 for initial assessment (50 minutes); \$180 for follow-up session (50 minutes)

**Sliding Scale:** Yes. (Shorter appointments are also available).

**Accepted Insurance Plans:** BCBS, Tufts, Harvard Pilgrim, Neighborhood Health, and some Cigna/Aetna plans.

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

**Session Availability:** Office hours are Wednesday, Thursday, and Saturday. Other session times available by appointment.

## **Clinical Information**

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

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

**Do you provide Family Therapy services?** No. Although Family-related nutrition counseling is an option.

**Treatment Orientation:** Nutrition support with components of both ACT and CBT components.

**Specialty Areas:** Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, other eating disorders; general nutrition concerns.

## **Biography**

Jaimie earned her degree in Nutrition from West Chester University in Pennsylvania and completed her dietetic internship at Brigham and Women's Hospital in Boston. She also holds a degree in history and journalism from the University of Michigan. Jaimie worked at the Klarman Eating Disorder Center at McLean Hospital in Belmont, Massachusetts for eight years. She has led groups on healthy eating in schools and also facilitated outpatient eating disorder groups. In addition, Jaimie lectured in the Boston University nursing program, provided consultation services to develop hospital-based food programs, and offered presentations to local high school sports teams about appropriate fueling for both everyday life and performance.

Jaimie provides evidenced-based recommendations with the caveat that we don't know everything about nutrition and the body yet! She loves to find answers and explanations for the how and why. Jaimie is a self-described "science nerd" and finds that cognitive behavioral therapy with a focus on personal "evidence gathering" guides much of her practice.

# Group Practices



The Cape & Islands Cognitive Behavioral Institute (Cape CBI) offers specialized treatment for individuals struggling with OCD and related disorders, including Eating Disorders, Generalized Anxiety Disorder, Panic Disorder, Social Anxiety, Body Dysmorphic Disorder, Tic Disorders, Hoarding Disorder, compulsive hair pulling and skin picking, and specific phobias. Cape CBI offers individual, family, home-based, and group therapy, customized intensive treatment programs, nutritional counseling, behavioral treatment planning for Autism Spectrum Disorder children, and neuropsychological evaluations. Additionally, Cape CBI offers a FREE monthly support group for patients and their loved ones.

Located in Falmouth on Cape Cod since 2001, Cape CBI specializes in Cognitive Behavioral Therapy (CBT) approaches, including Exposure and Response Prevention (ERP), Acceptance and Commitment Therapy (ACT), and Dialectical Behavior Therapy (DBT). With regard to Eating Disorders, Cape CBI uses a team-based approach, which includes individual therapy, nutritional counseling, and family therapy as needed. Their staff nutritionist specializes in eating disorders in children, adolescents, and adults.

The Cape CBI staff is committed to providing the most up-to-date, evidence-based treatment approaches that most often achieve rapid symptomatic relief. Their approach to therapy is structured and goal-oriented, which enables their patients to achieve maximum treatment gains in the most timely and cost effective manner.

**Contact Information:**

Cape & Islands Cognitive Behavioral Institute  
704 Main Street  
Falmouth, MA 02540

**Intake Line:** (508) 274-9883

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

# 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.commpsynd.com](http://www.commpsynd.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 team of nutrition experts specializing in pediatrics, eating/feeding disorders and non-diet approaches to weight management. The primary mission of Metrowest Nutrition is to foster a sense of wellbeing in individuals, communities and organizations throughout the Metro West and Greater Boston area. In addition to individual counseling, Metrowest Nutrition offers groups, meal coaching, grocery shopping tours, kitchen makeovers and cooking lessons. Their staff work with children, adolescents, adults and families with a wide range of nutritional and health needs. They have offices conveniently located in Newton Center, Framingham and Northborough.

The dietitians at Metrowest Nutrition are highly skilled and compassionate with extensive clinical and behavioral counseling experience. Through personalized, credible, hands-on nutrition counseling and programming, they are able to improve eating and lifestyle patterns at all levels.

## **Specialty Areas:**

- Eating Disorders
- Sensory-based Feeding Disorders
- Weight Management
- Nutrition Therapy for ADHD and Autism
- Sports Nutrition
- Hands-on Nutrition Support

## **Groups Offered:**

- Meal Supervision
- Intuitive Eating
- Your Child's Weight (Parent Group)
- Perinatal Nutrition

## **Locations**

Newton:

1400 Centre Street, Ste 207, Newton Centre, MA 02459

Framingham:

661 Franklin Street, 1st Floor, Framingham, MA 01701

Northborough:

Barrett Family Wellness Center, 107 Otis St, Northborough, MA 01532

## **Contact Information:**

Amy Gardner, MS, RD (Founder)

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

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

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

# 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



*College Mental Health Program*  
**McLean HOSPITAL**  
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)

# 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



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



## CAMBRIDGE EATING DISORDER CENTER

*Quality Care in a Community Environment*

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 three floors for adolescents and 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

**McLean Klarman Eating Disorders 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**

**Klarman Eating Disorders 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.

### **Klarman Eating Disorders Center**

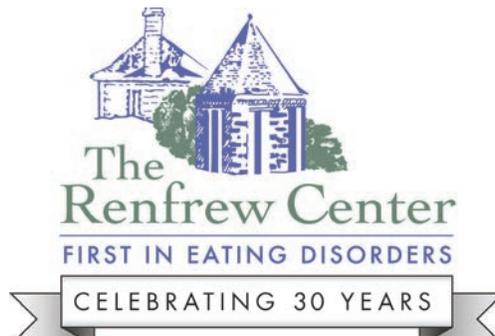
Address: Bowditch, 115 Mill Street, Belmont, MA 02478

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 and residential treatment in Waltham, as well as partial hospitalization and intensive outpatient at all Walden Behavioral Care Massachusetts locations.

## **Contact Information:**

Walden Behavioral Care – Main Campus (In-patient and Residential)

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:** <http://www.waldeneatingdisorders.com/>

## **Clinic Sites: PHP, IOP and Outpatient**

Walden Behavioral Care – Amherst Clinic

100 University Drive

Amherst, MA

**Office:** (413) 582-0100

Walden Behavioral Care – Peabody Clinic

2 Corporation Way, Suite 260

Peabody, MA 01960

**Office:** (978) 531-2904

Walden Behavioral Care – Braintree Clinic

150 Grossman Drive, Suite 404

Braintree, MA

**Office:** (781) 380-0695

Walden Behavioral Care – Waltham Clinic

69 Hickory Drive, Suite 2000

Waltham, MA

**Office:** (781) 899-2460

Walden Behavioral Care – Milford Clinic

229 E. Main Street, Suite 201

Milford, MA

**Office:** (508) 796-5797

Walden Behavioral Care – Worcester Clinic

335 Chandler Street

Worcester, MA

**Office:** (508) 796-5797

# Treatment Facilities – Binge-Eating Disorder Program



At **Walden Behavioral Care**, their continuum of care, allows them to treat individuals who might be at various stages of their illness. At each level of care, they address the needs of the whole person. Walden staff begin treatment with an in-depth understanding of each patient's needs and develop a comprehensive plan that addresses the whole person — mind, body and spirit. Individuals with Binge-Eating Disorder can be treated at each level of care, and a specialized program is available for this population at the Intensive Outpatient level.

Walden's Adult Binge-Eating Disorder Intensive Outpatient Program (IOP) is a specialized program that is designed to treat symptoms and address the struggles of those with binge-eating disorder. The program is for men and women, 18 years and older, who need support while making significant behavioral, nutritional and psychological changes to reduce symptoms of binge eating and improve their overall quality of life.

## **Treatment**

- Case management, including coordinated care with outpatient team
- Supervision of one therapeutic meal
- Individual therapy
- Group therapy

## **Treatment Team**

- Therapists
- Mental health counselors
- Dietitians

## **Group Programming**

- Dialectical Behavioral Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Nutrition education
- Expressive therapy
- Body image
- Relapse prevention

## **Contact Information:**

Walden Behavioral Care  
9 Hope Avenue  
Waltham, MA 02451

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

**Admissions:** (781) 647-6727

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

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

## Additional Resources by Region



In this section, we will list eating disorder resources that are found in other parts of the country. 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 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.*

## Northeast Region: 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)

## Northeast Region: Connecticut



**Center For Discovery – New England** offers Joint Commission accredited residential, partial hospitalization, and intensive outpatient eating disorder treatment with separate programming for adults and adolescents. At Center For Discovery, the emphasis on long-term recovery is not only about the diagnosed issues, it is about the contributing factors that underlie those conditions. Center For Discovery treats a limited number of clients at a time, as individualized attention is critical when it comes to providing effective and efficient treatment.

Upon admission for all levels of care, every client is assessed by a multidisciplinary team specializing in eating disorder treatment and provided with an individualized, comprehensive treatment plan. Center For Discovery places a particular emphasis on outpatient provider collaboration and when stepping up from outpatient treatment to intensive outpatient or partial hospitalization, clients can continue care with their outpatient therapists and dietitians.

In all levels of care at Center For Discovery, family involvement is vital to their program. Families have numerous opportunities to participate in their loved ones treatment including weekly family therapy, visitation and passes, and individual therapeutic family meals.

Center For Discovery offers free weekly support groups that are open to the public – anyone struggling with an eating disorder and their loved ones are welcome. These groups meet weekly. For more information please visit [www.SupportInRecovery.com](http://www.SupportInRecovery.com) or call (866) 267-6151. (Group address: 7 Riversville Road, Suite 2A, Greenwich, CT and 900 Chapel Street, Suite 1101, New Haven, CT).

At Center For Discovery, they are results-driven and their goal is to provide the best, most effective eating disorder treatment in the field. To this end, they are partnered with the Feinstein Institute for Biomedical Research to measure outcomes by examining the process of treatment, how clients fare post-discharge, and readmission rates. The data shows that not only are improvements maintained, but that Center For Discovery clients actually continue to improve following their discharge.

Center For Discovery is a preferred provider and in network with most major insurance companies.

**Contact Information:**

Center For Discovery – New England  
Fairfield, CT | Southport, CT | Greenwich, CT | New Haven, CT

**Intake Line:** (888) 853-0652

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

## Northeast Region: Connecticut



**Silver Hill Hospital** is an independent, not-for-profit psychiatric hospital - and one of the few such designated facilities in the country. Known for their compassionate and individualized approach to treatment, Silver Hill Hospital has been restoring mental health since 1931.

Their Eating Disorders program is designed for adolescents and adults who are struggling with anorexia, bulimia, binge eating disorder or avoidant/restrictive food intake disorder. As a psychiatric hospital, they are also able to treat the psychiatric disorders that often co-occur with eating disorders such as mood and anxiety disorders, substance use disorders, and/or personality disorders. The program offers a strong foundation in Dialectical Behavior Therapy and all team members are intensively trained in DBT. Family therapy is an integral part of the program as well as training the family in Family Based Treatment methods. In addition, families are invited to participate in their weekly family education program.

Patients are provided with opportunities to learn balanced and stable eating and exercising patterns, challenge irrational beliefs about food, develop greater behavioral and psychological flexibility, challenge unhealthy schemas and core beliefs, and develop a sense of self and values that extends beyond body image, controlling food, and other demands of an eating disorder. The treatment team includes a full-time psychiatrist, psychologist, licensed clinical social workers, residential counselors, dietitian and diet technicians. The team at Silver Hill Hospital is experienced working with LGBTQ plus patients and their families. In addition, they also accept clients who prefer a vegan and vegetarian diet, as well as those requiring Kosher meals.

### **Silver Hill Hospital**

208 Valley Road

New Canaan, CT 06840

**Phone:** (800) 899-4455

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

## Northeast Region: Connecticut



**Walden Behavioral Care** is New England's leading provider of eating disorders treatment, serving more than 15,000 individuals since 2003. No matter an individual's needs or the complexity of their disorder, Walden offers Connecticut residents hope, support and treatment that can lead to long-term recovery.

Walden offers the region's only full continuum of care – for both adolescents and adults of all genders – to match the changing needs of patients as they progress towards recovery. In Connecticut, this includes an inpatient unit in Vernon specific to eating disorders, as well as partial hospitalization and intensive outpatient programs in both South Windsor and Guilford.

Specialization areas include Anorexia, Bulimia, Binge Eating Disorder, Avoidant / Restrictive Food Intake Disorder (ARFID) and Other Specified Feeding or Eating Disorder (OSFED).

Treatment is centered on various evidence-based therapy and skills-based training, including Family-Based-Treatment (FBT), Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT), proven to deliver positive outcomes.

Walden Behavioral Care offers flexible and accessible care, accepting most major insurances.

### **Connecticut Locations:**

#### **Walden Eating Disorders Center at Rockville Hospital**

*Connecticut's first dedicated inpatient eating disorder unit*

31 Union Street

Vernon, CT 06066

**Phone:** (860) 872-5254

#### **Guilford Clinic**

*Partial Hospitalization and Intensive Outpatient (IOP) treatment*

157 Goose Lane

Guilford, CT 06347

**Phone:** (203) 491-5060

#### **South Windsor Clinic**

*Partial Hospitalization and Intensive Outpatient (IOP) treatment*

2400 Tamarack Ave., Suite 203

South Windsor, CT 06074

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

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

## Northeast Region: 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)

# Northeast Region: New Hampshire



Cambridge Eating Disorder Center of New Hampshire offers state of the art treatment for individuals and their families with the goal of developing a healthy relationship with food and their bodies. Located in Concord conveniently off I-93, CEDC of New Hampshire opened in 2015 to serve clients in Northern New England.

CEDC of NH offers two Partial Hospitalization Programs (day and evening) as well as Intensive Outpatient Programs and Outpatient Services including the Maudsley Method for adolescents.

## **Partial Hospitalization (PHP)**

Partial hospitalization is available for those requiring daily structure, meal support and more intensive treatment than outpatient services can provide. It often serves as a step down for those leaving inpatient or residential levels of care, but is also an entry point for many individuals.

## **Intensive Outpatient Programs (IOP)**

The intensive outpatient program (IOP) transitions clients who have been discharged from inpatient, residential or partial hospital treatment, or those who require more care than what outpatient therapy can provide.

## **Outpatient Programs**

Outpatient programs provide clients with individualized treatment plans specifically designed to normalize eating and understand underlying issues. This may include individual, nutrition, family and group therapies, as well as consultation and assessment services.

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

## **Cambridge Eating Disorder Center of New Hampshire**

105 Loudon Rd., Bldg 2

Concord, NH 03301

**Phone:** (888) 900-2332

**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)

## Northeast Region: 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)

## Northeast Region: 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)

## Northeast Region: 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)

## Northeast Region: 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)

# Northeast Region: 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)

## Northeast Region: 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>

## Northeast Region: Vermont

# 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)

*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.*

### **Eating Disorders Rarely Occur Alone.**



Most women and girls enter treatment with a diagnosis of anorexia or bulimia. When ED behaviors are curtailed, other addictions and disorders often manifest.

This is why Timberline Knolls treats co-occurring disorders simultaneously.

Contact us today to learn more.

TIMBERLINE  KNOLLS

40 Timberline Drive | Lemont, IL 60439  
timberlineknolls.com | info@timberlineknolls.com | 877.257.9611



## Midwest Region



**EATING**  
*Recovery* CENTER

**When it comes to putting patients first,  
our medical team is second to none.**

**See why Eating Recovery Center has more doctors  
on staff than our top three competitors combined.**

We may be the largest network dedicated to the treatment of eating disorders, but to our patients, we never feel too big. In fact, it is the size of our team that gives us the flexibility to treat patients with the personalized care they deserve at any stage of the illness. If you think someone under your care is struggling with anorexia, bulimia or binge eating disorder, our team is ready to help pursue a lasting recovery. Make a treatment referral to Eating Recovery Center today.

**For a free confidential assessment by a Masters-level clinician,  
call 1-877-736-2140 or visit us at [www.eatingrecovery.com](http://www.eatingrecovery.com).**

**RECOVER** *life*

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# Midwest Region



*Achieve sustainable freedom from eating disorders, addictions, trauma and co-occurring disorders with the support of one of the best, most qualified and most experienced treatment providers in the country. Dr. Kim and the SunCloud team know the real question is not why the "self-destructive behavior" or "substance" but rather why the "pain". We know the brain is inseparable from the body and the individual is inseparable from the environment. We know recovery is anything but easy, yet we know it is possible.*

– Kim Dennis, M.D.  
CEO and Founder, SunCloud Health



**LIVE FREE**  
from the vicious cycle of your disease. Return to yourself with integrated treatment that sees you as a whole person capable of recovery.



**LIVE FREE**  
from treatment as usual. You don't fit into a box, and neither should your treatment options.



**LIVE FREE**  
from feeling like you are doing it all alone. Recovery happens within community and with continuous care, from people with expertise who care.



**LIVE FREE**  
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Contact us at 866.729.1012 or [www.suncloudhealth.com](http://www.suncloudhealth.com)

We treat co-occurring eating and substance use disorders at our new outpatient clinic where we provide individual and group outpatient therapy, as well as IOP and PHP services.



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*Expert Medical Care for Eating Disorders*



**Jennifer L. Gaudiani, MD, CEDS**

*Founder & Medical Director*

- Expert outpatient medical care for patients with eating disorders and disordered eating
- Collaborative multi-disciplinary approach
- Located in Denver, Colorado with in-person and telemedicine treatment plans
- Adults and adolescents of all genders

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## South Region



HELPING OTHER PEOPLE EAT

# H.O.P.E.

H.O.P.E. IS A 501C3 NONPROFIT ORGANIZATION

EDUCATION | ADVOCACY |  
TREATMENT SUPPORT



H.O.P.E. - Helping Other People Eat (H.O.P.E. Inc.) is a 501c3 nonprofit organization focused on the prevention and awareness of eating disorders. Since 2001, H.O.P.E. has focused on educating all age groups on the warning signs, symptoms and side effects that accompany eating disorders and body image issues. H.O.P.E. offers information, tutorials, and public speakers to aid in the elimination of eating disorders. In addition, members of H.O.P.E. advocate to provide funding for treatment for those who cannot afford it and provide scholarship assistance for outpatient care.

For the past 15 years, members have personally spoken to over 85,000 individuals and have been featured on both national and local television shows and in print media across the country. Through various awareness campaigns, volunteers have collected over 25,000 pair of jeans and donated them to people in need while encouraging others to "be comfortable in their genes."

In 2010, H.O.P.E. launched the Get R.E.A.L. Program, encouraging everyone to set "Realistic Expectations and Attitudes for Life." This program was delivered free of charge to over 12,000 schools, colleges, legislative offices, and community health organizations in the state of Florida.

In 2013, H.O.P.E. collaborated with Blue Horizon Eating Disorder Services to launch the Eating Disorder Current Concepts mobile app program available for free download in iTunes and GooglePlay.

FOR MORE INFORMATION, PLEASE VISIT  
[WWW.HOPETOLIVE.COM](http://WWW.HOPETOLIVE.COM)



# South Region



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Acute Medical Detox

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**Substance Abuse | Addiction | Eating Disorders | Co-Occurring Mental Health Issues**



Advanced Recovery Systems offers a full continuum of care for individuals struggling with substance abuse, addiction, eating disorders and co-occurring mental health issues. From detox to aftercare programming, our treatment centers, located across the country, offer an integrated, cutting-edge approach to recovery and behavioral health, focused on patient centered care.

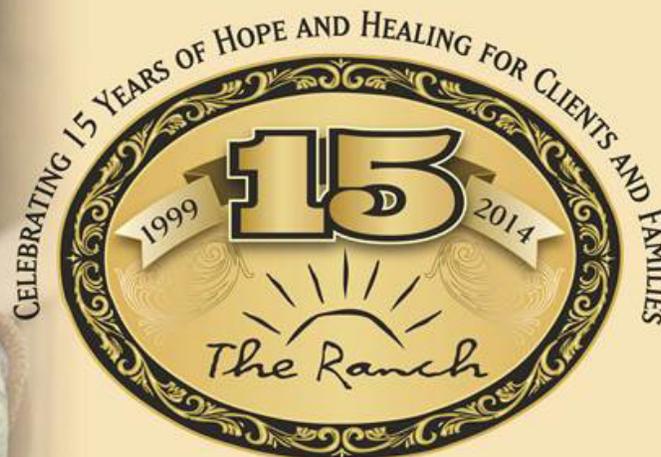
Locations:

Florida | Colorado | Washington | Maryland - Coming Soon!



[WWW.ADVANCEDRECOVERYSYSTEMS.COM](http://WWW.ADVANCEDRECOVERYSYSTEMS.COM)

## South Region



Our Nationally Acclaimed Programs Offer Gender Responsive Care for:

- **Eating Disorders**
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or see our website:

**[recoveryranch.com](http://recoveryranch.com)**

## South Region



**EATING**  
*Recovery* CENTER

**When it comes to putting patients first,  
our medical team is second to none.**

**See why Eating Recovery Center has more doctors  
on staff than our top three competitors combined.**

We may be the largest network dedicated to the treatment of eating disorders, but to our patients, we never feel too big. In fact, it is the size of our team that gives us the flexibility to treat patients with the personalized care they deserve at any stage of the illness. If you think someone under your care is struggling with anorexia, bulimia or binge eating disorder, our team is ready to help pursue a lasting recovery. Make a treatment referral to Eating Recovery Center today.

**For a free confidential assessment by a Masters-level clinician,  
call 1-877-736-2140 or visit us at [www.eatingrecovery.com](http://www.eatingrecovery.com).**

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*an advanced approach to patient care*

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mental health issues



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**Next Generation Village**

An Advanced Approach to Patient Care

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**SEBRING, FLORIDA**

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ORLANDO, FLORIDA

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experienced professionals treating...

**SUBSTANCE ABUSE**

**ADDICTION**

**EATING DISORDERS**

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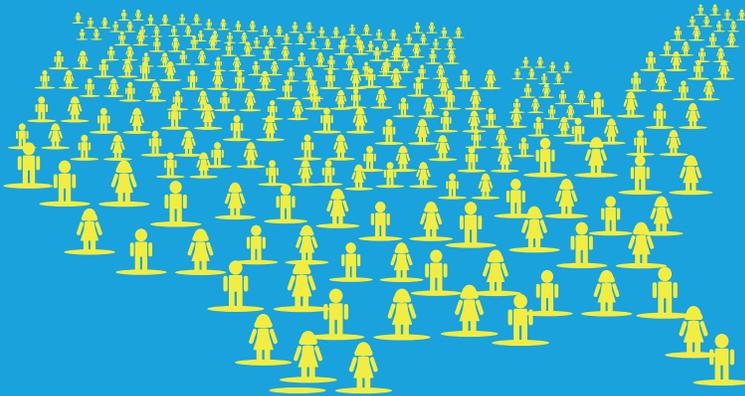
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# BLUE HORIZON

Eating Disorder Services

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lies the rising sun"*



**30 MILLION**

MEN AND WOMEN  
IN THE U.S. STRUGGLE  
WITH AN EATING DISORDER

#### PROGRAMS OFFERED

The staff at Blue Horizon have extensive experience and training working with those suffering from eating disorders.

- Programs starting at age 9
- Intensive Outpatient Program
- Partial Hospitalization Program
- Community support groups



**"It is our responsibility at Blue Horizon to implement the care and programing with procedures that meet the highest expectations of the industry, but more importantly, the individual needs of our clients."**

*-Karen Beerbower,  
MS, RD, LD/N, CEDRD, Fiedtp,  
Eating Disorder Program Advisor*



*Blue Horizon is licensed by the Agency for Health Care Administration and Accredited by the Joint Commission.*

1155 Louisiana Ave. | Suite 216 | Winter Park, FL 32789  
P.407-960-2651 | F.407-335-4964  
[www.BlueHorizonED.com](http://www.BlueHorizonED.com)



# TOGETHER WE SAVE LIVES

*Veritas Collaborative is a specialty hospital system for the treatment of persons with eating disorder diagnoses, ages 8 and above, in a gender-diverse and inclusive environment.*

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Inpatient, Acute Residential,  
PHP & IOP

## Durham, NC

*Research Triangle Park*  
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## Richmond, VA

*Reynolds Crossing*  
Partial Hospitalization &  
Intensive Outpatient



*Contact the Veritas Collaborative Admissions Department at (919) 908-9740 or [admissions@veritascollaborative.com](mailto:admissions@veritascollaborative.com).*

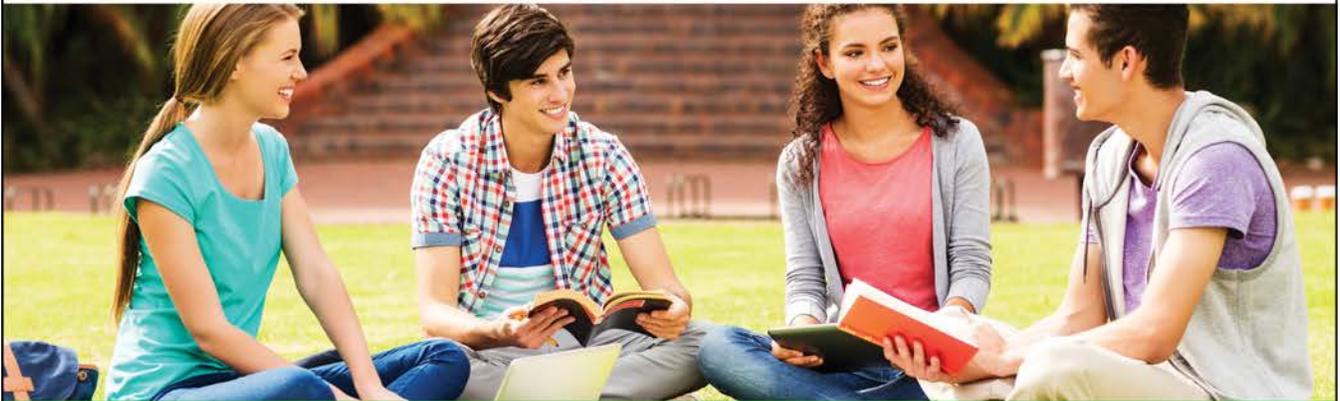
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## South Region



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Eating Disorders Resource Center  
*Awareness \* Recovery \* Advocacy*



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alone.**

**Connect and get  
help today.**

The EDRC is a non-profit organization located in the Silicon Valley dedicated to helping provide support and resources to individuals struggling with eating disorders and/or body image concerns.

Our website has a wealth of free information on topics such as:

- \* Eating disorder types and how they are diagnosed
- \* Help navigating insurance coverage and eating disorder treatment
- \* Recent research and news related to eating concerns and body image
- \* Resource directory of local health care practitioners, support groups, and treatment programs

EDRC also provides outreach and education about eating disorders, and is dedicated to ongoing advocacy efforts related to both access to care and treatment coverage.

Visit us at [www.edrcsv.org](http://www.edrcsv.org)

## West Region



**EATING**  
*Recovery* CENTER

**When it comes to putting patients first,  
our medical team is second to none.**

**See why Eating Recovery Center has more doctors  
on staff than our top three competitors combined.**

We may be the largest network dedicated to the treatment of eating disorders, but to our patients, we never feel too big. In fact, it is the size of our team that gives us the flexibility to treat patients with the personalized care they deserve at any stage of the illness. If you think someone under your care is struggling with anorexia, bulimia or binge eating disorder, our team is ready to help pursue a lasting recovery. Make a treatment referral to Eating Recovery Center today.

**For a free confidential assessment by a Masters-level clinician,  
call 1-877-736-2140 or visit us at [www.eatingrecovery.com](http://www.eatingrecovery.com).**

**RECOVER** *life*

CALIFORNIA • COLORADO • ILLINOIS • OHIO • SOUTH CAROLINA • TEXAS • WASHINGTON



# THE RECOVERY VILLAGE PALMER LAKE

LOCATED AMONG THE PICTURESQUE ROCKY MOUNTAINS

Treating adults struggling with substance abuse, addiction and co-occurring mental health issues. Specialty tracks available for PTSD and marijuana addiction.



Visit our website [PalmerLakeRecovery.com](http://PalmerLakeRecovery.com)  
or call 844-308-8242



# THE RECOVERY VILLAGE RIDGEFIELD

Providing professional, comprehensive treatment in a therapeutic environment for...

**SUBSTANCE ABUSE**

**ADDICTION**

**CO-OCCURRING MENTAL HEALTH ISSUES**



VISIT OUR WEBSITE [RIDGEFIELDRECOVERY.COM](http://RIDGEFIELDRECOVERY.COM)  
OR CALL 844-308-8242



**HRS Treatment  
Affiliates**

# Treatment Affiliates



**Hynes Recovery Services is honored to be collaborating  
with the following eating disorder programs:**

**Advanced Recovery Systems**

**Behavioral Nutrition**

**Cambridge Eating Disorder Center**

**Center for Discovery**

**Eating Recovery Center**

**McLean Klarman Eating Disorders Center**

**The Ranch**

**The Renfrew Centers**

**Silver Hill Hospital**

**Timberline Knolls**

**Veritas Collaborative**

**Walden Behavioral Care**

# Treatment Affiliates



**Substance Abuse | Addiction | Eating Disorders | Co-Occuring Mental Health Issues**



Advanced Recovery Systems offers a full continuum of care for individuals struggling with substance abuse, addiction, eating disorders and co-occurring mental health issues. From detox to aftercare programming, our treatment centers, located across the country, offer an integrated, cutting-edge approach to recovery and behavioral health, focused on patient centered care.

Locations:

Florida | Colorado | Washington | Maryland - Coming Soon!



[WWW.ADVANCEDRECOVERYSYSTEMS.COM](http://WWW.ADVANCEDRECOVERYSYSTEMS.COM)

## 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



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**RECOVER** *life*

CALIFORNIA • COLORADO • ILLINOIS • OHIO • SOUTH CAROLINA • TEXAS • WASHINGTON

# 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 treatment and 12 hour, seven day per week step down partial hospital treatment program

\*Admission is considered on a case by case basis for women over age 26.



*McLean Klarman Eating Disorders Center*

HARVARD MEDICAL SCHOOL AFFILIATE

Boston, Mass. 617.855.3410  
[www.mcleanhospital.org](http://www.mcleanhospital.org)

**PARTNERS**  
HEALTHCARE

FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL  
AND MASSACHUSETTS GENERAL HOSPITAL

# Treatment Affiliates



## TOGETHER WE SAVE LIVES

*Veritas Collaborative is a specialty hospital system for the treatment of persons with eating disorder diagnoses, ages 8 and above, in a gender-diverse and inclusive environment.*

### Durham, NC

*Douglas Street*  
Inpatient, Acute Residential,  
PHP & IOP

### Durham, NC

*Research Triangle Park*  
Inpatient, Acute Residential,  
PHP & IOP

### Richmond, VA

*Reynolds Crossing*  
Partial Hospitalization &  
Intensive Outpatient



*Contact the Veritas Collaborative Admissions Department at (919) 908-9740 or [admissions@veritascollaborative.com](mailto:admissions@veritascollaborative.com).*

TOLL FREE: (855) 875-5812 • [veritascollaborative.com](http://veritascollaborative.com)

## 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.

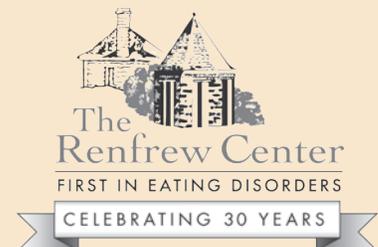
Treatment programs and services are covered by most insurance policies. Residential Treatment Programs in Philadelphia, PA and Coconut Creek, FL.

### **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

# SILVER HILL HOSPITAL

RESTORING MENTAL HEALTH SINCE 1931



## Eating Disorder Treatment in an Exceptional Setting

Eating Disorder Programs  
for Adolescents and Adults

[www.silverhillhospital.org](http://www.silverhillhospital.org) 866.542.4455

# Treatment Affiliates



Eating disorders  
really have  
little to do  
with  
food.

Discover Why.

## INTIMATE RESIDENTIAL SETTINGS

We treat a maximum of eight clients at a time because individualized attention is critical when it comes to providing effective and efficient treatment.

## RESEARCH AND OUTCOMES

Outcome studies show that Discovery clients continue to improve after discharge and readmission rates are significantly below the industry standard; 95% of clients and families say they would recommend Center For Discovery to a loved one.

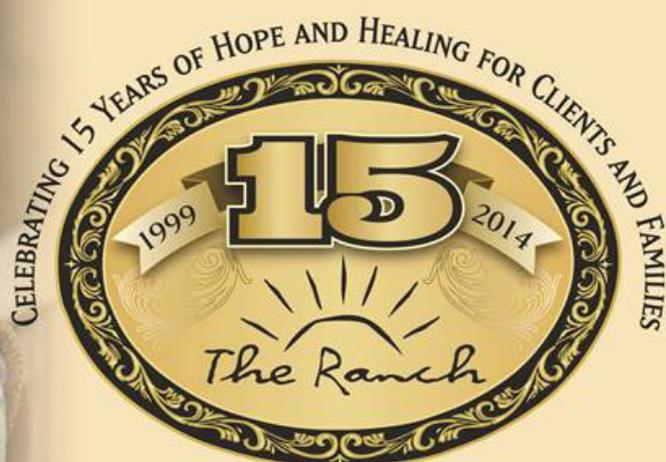
## NATIONWIDE LOCATIONS

Center For Discovery has numerous Joint Commission accredited and state licensed locations nationwide because we believe in bringing local treatment to clients and families.

[www.CenterForDiscovery.com](http://www.CenterForDiscovery.com) | 1-855-324-4716



## Treatment Affiliates



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)**



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

## 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

**While there's life, there's hope.**

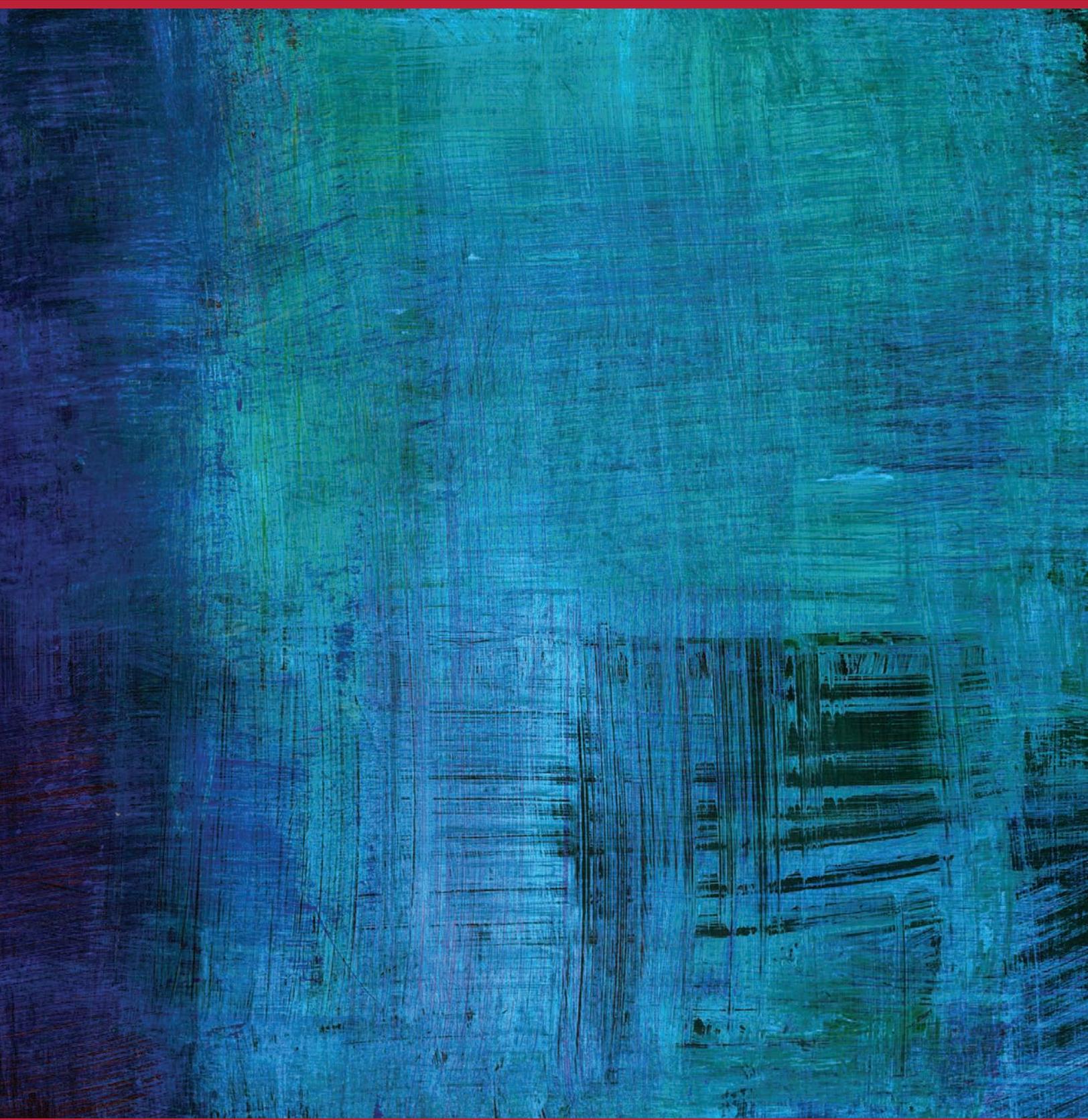
*Timberline Knolls is a residential treatment center located on 43 beautiful acres just outside Chicago, offering a nurturing environment of recovery for women ages 12 and older struggling to overcome eating disorders, substance abuse, mood disorders, trauma and co-occurring disorders. By serving with 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)  
[facebook.com/TimberlineKnolls](https://facebook.com/TimberlineKnolls)



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

design by Gates Studio | [www.gatestudio.com](http://www.gatestudio.com)