

Center For Discovery Eating Disorder Treatment

Residential Treatment | Partial Hospitalization | Intensive Outpatient

RESIDENTIAL TREATMENT

Age-Specific, Gender Inclusive

Adolescent programs are gender inclusive, treating ages 10-19. Young adult programs treat women 18-26. Adult programs treat women 18 and over.

Hands-on Dietary Program

Exposure based dietary program prepares clients to successfully translate the skills learned in treatment to their home and community. Our program includes personalized menu planning, hands-on kitchen skills education, meal preparation, therapeutic family meals, and personalized exposure-based outings. Discovery's dietary program is grounded in Health at Every Size® principles and Intuitive Eating.

Individualized Treatment Plan

An individually tailored treatment process starts with identifying underlying factors contributing to the eating disorder and other mental health issues. A personalized treatment plan is formed with the client, and aims to teach clients skills and tools to address these concerns, such as distress tolerance and emotion regulation skills.

Customized Treatment Plan

Individually tailored treatment plans target underlying factors contributing to the eating disorder, form a foundation for intuitive eating, and teach clients distress tolerance skills and self-regulation.

PARTIAL HOSPITALIZATION | INTENSIVE OUTPATIENT

Age-Specific, Gender Inclusive

We offer gender inclusive treatment with separate programming for adolescents and adults.

Co-Occurring Conditions

Discovery specializes in resolving the underlying and co-occurring conditions that contribute to eating disorders. All programs utilize evidenced-based treatment of trauma, self-harm, substance use, depression, anxiety, and mood disorders.

Flexible Programming

We understand people lead busy lives, so treatment is offered Monday through Saturday to provide every opportunity for therapeutic engagement.

Personalized Dietary Program

The Discovery dietary program enhances each client's level of self-mastery over their meal plan and promotes intuitive eating. Our Exposure and Response Prevention (ERP) dietary experience includes meal preparation support, food science nutrition groups, one-on-one dietary sessions, and meal planning.



For a free, confidential assessment, call **855-376-4632** or visit us at www.centerfordiscovery.com

Discovery is an in-network provider



with all major insurance companies and provides complimentary insurance verification and free, confidential assessments.

More Access, Better Outcomes

At Center for Discovery, we offer Residential Treatment, Partial Hospitalization, and Intensive Outpatient Treatment. Our eating disorder treatment centers stretch across the country, line the Pacific and Atlantic Coasts, and dot the Midwest and Southeast. We employ an evidence-based, trauma-informed, weight-inclusive treatment approach to address the complex psychological, neurobiological, and medical complications of eating disorders. Using Exposure and Response Prevention (ERP) and Dialectical Behavior Therapy (DBT), multi-disciplinary treatment teams guide clients and families towards recovery. Our nationwide footprint of eating disorder programs underscores our commitment to lasting-recovery.



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