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Eating Disorder Intensive

Who would be an appropriate client:

- Binge Eating Disorder
- Post Bariatric, Bulimic
- Anorexic
- ARFED/OSFED
- Severe Disordered Eating
- Active ED with medical stability

Requirements:

- Recent Lab Work based on history
- EKG required based on severity of ED
- Minimum 16 BMI - to ensure brain function to participate
- Client is able to contract for safety upon arrival to abstain from behaviors for the duration of the intensive

Leslie Binch Therapy offers 1 to 3 day intensives

Programming Offered:

- Individualized treatment plan created prior to intensive
- Pre-intensive session(s) focus on treatment goals and assess for readiness to do intensive work
- Use of Trauma Informed Therapies
- Process FOO issues around food and trauma
- Experiential session(s) in gym to address exercise with specialist
- Nutritional counseling session(s) with dietician
- Meal support and process for lunch and dinner
- If needed, therapeutic work on preparing meals and cooking
- Address: challenge foods, fear foods, food rules, and grocery shopping
- Individualized treatment goals post Intensive
- Homework and skills practice offered during the intensive
- Post discharge - minimum of three Intensive sessions recommended to embody the work