



EATING DISORDERS SERVICE: INTENSIVE OUTPATIENT PROGRAM

About The Intensive Outpatient Program:

The Intensive Outpatient Program (IOP) offered by Walden Behavioral Care is designed for individuals seeking additional support in their recovery process from an eating disorder. The IOP is used in combination with outpatient treatment and is ideal for people transitioning from a higher level of care or those who need more support than their outpatient team can provide. Walden's IOP allows individuals the opportunity to experience life and recovery while still learning skills to help achieve a life free from their eating disorders.

Walden's therapeutic approach incorporates Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, Interpersonal Therapy, Expressive Therapy, and Nutritional Therapy, in an integrative manner that allows us to treat not only the eating disorder, but the other co-morbid psychiatric diagnoses commonly associated with eating disorders.

The focus of treatment is for patients to develop healthy coping skills through observation based behavioral treatments. At this level of care, patients are encouraged to integrate work, school, hobbies and relationships so that they can reclaim their lives and attain significant recovery from their eating disorders.

Treatment includes case management, meal plan guidance, as well as individual, and group therapy. On each night of treatment, a group meal occurs, which is designed to address eating and socialization issues.

What Former Patients Are Saying About The Program:

"The staff here was patient, gentle and supporting. . . It takes an army to fight an eating disorder and the program at Walden is the best at helping.

Program Description:

- Patients typically attend for 4-6 weeks, Monday, Wednesday, Thursday and Saturday
- Program runs from 5:15-8:30pm Mon., Wed, and Thurs.; Saturday program offers flexible scheduling. Participants can attend from 8:00-11:00am or 11:00-2:00pm.
- Groups include:
 - o DBT Skills
 - o CBT
 - o Relapse Prevention
 - o Process/Weekend Review
 - o Therapeutic Meal
 - o Specialized Track for Binge Eating
- A case manager is assigned at beginning of program to help coordinate your treatment, aftercare plans and to provide individual counseling as needed

Goals of IOP Include:

- Development of healthy coping skills to manage eating disordered thoughts and behaviors
- Development of specific dialectical behavioral skills to help individuals
 - o Cope with painful feelings
 - o Manage triggering and stressful situations
 - o Successfully manage urges and anxious thoughts
 - o Learn interpersonal effectiveness techniques
- Re-intergration into work, school, family and friends
- Healthier eating habits
- Relapse prevention

IOP May Be For You If You:

- Are Male or Female, 18 years or older
- Do Not Necessitate A Hospital Level Of Care
- Are actively working with an outpatient team

Locations

For additional information on the Intensive Outpatient Program, please contact:

Waltham - 781-647-6727

Northampton - 413-582-0100

Worcester - 508-796-5797

To schedule an in-service for your staff, please call John Rocker at 781-647-2915 or email at jrocker@waldenbehavioralcare.com.

For information on Walden Behavioral Care and our programs, please visit our website at www.waldenbehavioralcare.com