



EATING DISORDERS SERVICE: PARTIAL HOSPITALIZATION PROGRAM

About the Partial Hospitalization Program:

The Partial Hospitalization Program (PHP) combines the independence of living in the day-to-day world with a highly structured and supportive environment of a daily hospital program. It is the beginning of reconnecting with life beyond treatment and is an important step toward recovery. Partial hospitalization is for patients who are medically and psychiatrically stable. It can be ideal for those who are progressing toward independent living and outpatient care, or those who have found that they need more structure and intensive treatment than outpatient care alone can provide. Entering into treatment is a difficult and important decision in the recovery process. We believe that with encouragement and self-determination, patients can progress to outpatient treatment and a full recovery.

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 gain awareness of the triggers and functions of their eating disordered behaviors, and to learn new, effective methods and coping strategies. A treatment goal is to help our patients' reintegrate into an outpatient setting, therefore, relapse prevention is an important component of treatment at Walden Behavioral Care.

Treatment includes case management, psychopharmacology, nutritional counseling, as well as individual, and group therapy. Staff supervises two therapeutic meals daily. Case managers also help establish and coordinate care with the outpatient team.

Program Description:

- Patients typically attend for 3-4 weeks, Monday-Saturday
- Program runs from 8:00-2:30pm Mon-Friday and on Saturday 8:00-2:00pm
- Groups include:
 - o DBT Skills
 - o CBT
 - o Process
 - o Nutritional/Meal Planning
 - o Expressive Therapy
 - o Body Image
 - o Relapse Prevention
- Individual coaching meetings occur twice during the course of treatment

Goals of PHP Include:

- Relapse Prevention
- Weight Stabilization and Restoration
- Interruption of Eating Disordered Thoughts and Behaviors
- Normalization of Eating
- Psycho-Education re: Nutrition and Eating Disorders
- Return to Independent Living
- Skills to Manage Anxiety and Impulsivity
- Skills Acquisition to Help Patients Cope with Emotional Eating Dysregulation

PHP May Be For You If You:

- Are Male or Female, 18 years or older
- Do not necessitate a hospital level of care
- Require program structure and support to control eating-disorder behavior

What Former Patients Are Saying About The Program:

"I can't honestly tell you what full recovery will look like for me someday. But, I can tell you that after being in the program for eight weeks, I am a completely different person."

Locations.

For additional information on the Partial Hospitalization Program, please contact:

Waltham - 781-647-6727 • Northampton - 413-582-0100

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



walden *behavioral care*
lasting recovery for body and mind

PROGRAMS OFFERED AT
WALDEN BEHAVIORAL CARE

Hospital Programs:

- **Thoreau Center** - Psychiatric
-16 years and above
- **Alcott Center** - Eating Disorders
-13 years and above

Walden Place - Eating Disorders Residential Program

- 17 years and above

Eating Disorders Partial Hospitalization Program

- 18 years and above
- Available at Waltham and Northampton locations

Eating Disorders Intensive Outpatient Program

- 18 years and above
- Available at Northampton, Waltham and Worcester locations

Specialized Eating Disorders Programs

Teens and Families at the Alcott Center

Adolescent Intensive Outpatient

- 12-17 years (and their families)
- An after-care program is also available upon completion of IOP
- Available at Waltham location

IOP Treatment Track for Binge & Night Eating

- 18 years and above
- Available at Dedham, Northampton and Waltham locations.

Walden Behavioral Care, LLC of Waltham, MA is recognized as the leading eating disorders care provider in New England. But before you choose us-or anyone-you should understand why our care stands out.

- *Unmatched breadth of treatment options*
- *Range of settings*
- *Experience treating complex eating disorders*

Visit us at www.waldenbehavioralcare.com. You'll be glad you did.

What Former Patients/Families Are Saying About Our Programs

"Thank you for all your support and confidence. I came in a scared person, terrified, not knowing what to expect and you welcomed me with open arms. I know the battle is mine, but I couldn't have started and gotten this far without your support and encouragement...Thank you from the bottom of my heart. This has truly been a life changing experience."

Former Patient

Alcott Center - Inpatient Eating Disorder Care

"I wanted to thank you for all of your help and let you know how great your program is. I learned so much from everyone, I can't thank you guys enough. All of your groups were helpful and I learned so much from them. I still look back to my notes and handouts when I need a little extra motivation...I wanted to let you know how much being there and taking the advice and help has changed my life. Thank you so much!"

Former Patient

Walden Place - Residential Eating Disorder Care

"Walden tries to create this safe net for everyone who walks through the doors. I can tell you that it was not easy. I tried to resist, I tried to argue, I tried to reject other peoples' ideas, I tried to stay close minded to recovery, but deep in my heart, I knew I could try here. You are safe here. Give yourself and Walden a chance, and remember, every little step you take forward is a step forward. Even if you only take a few tiny steps, those are a few tiny steps you won't have to take next time. And you can start to live. I hope that this is what will continue for me. I have been given the opportunity to see my life and myself in a completely different way -and, at the very least, I was given a snapshot of life free from ED. This is the first time I have ever believed that maybe that is a truism."

Former Patient

Northampton Partial Hospitalization Eating Disorder Care

"(Walden) saved my life. I'm feeling positive, no longer bingeing, and I'm able to eat foods that I was afraid of before"

Former Patient

Mastering Balance Program

"Thank you so much for all that you have done at the IOP. I know that it was instrumental in my daughter's recovery. Not only did you help her, but you also empowered my husband and I to be an active and influential part of her recovery. Never once did I feel uncomfortable with the program- especially with regard to respect for parental control. I have nothing but good things to say about you and your work at the IOP. I've given my pediatrician the information as well so that she can help her future patients to find a place to heal. Our daughter continues to amaze us with her return to normalcy. She has played a season of field hockey, enjoyed school so far and has a fun social life too. Thanks so much for everything."

An Adolescent IOP Parent

Adolescent Intensive Outpatient Eating Disorder Care

Locations.

For additional information, please contact:

Waltham 781-647-6727

Northampton 413-582-0100

Worcester 508-796-5797