



Walden Place

INTENSIVE TREATMENT FOR EATING DISORDERS IN A HOME-LIKE ENVIRONMENT

About Walden Place:

Walden Place is a structured, medically monitored, therapeutic residential program for individuals requiring 24 hour care as they recover from an eating disorder. The focus of treatment is to gradually transfer the responsibility for recovery to the individuals themselves as they directly experience and relearn healthy attitudes and behaviors with food. Through both individual and group therapy, residents acquire new skills to deal effectively with their own emotions and improve their own interpersonal effectiveness skills.

Why Choose Walden Place:

Walden Behavioral Care offers patients a full continuum of care in their efforts to recover from an eating disorder. Most of the programs within Walden Behavioral Care's continuum of care are located on the same campus. Many individuals transition from one program to another by this process. This treatment program offers daily on-site nursing and physician availability for managing medical care, 24 hour supervision provided by a dedicated staff and individual, group, family and couples therapy.

Walden Behavioral Care is New England's leading provider of services for individuals with eating disorders and is recognized as the most experienced provider in working with insurance companies. Walden has contracts with most insurers, can negotiate for out-of-network arrangements and develop payment plans for individuals paying directly for services.

What Individuals Are Saying About This Program:

"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!" **Mary S.**

Program Description:

- 4–6 week program, 24 hours a day/7 days week
- Intensive DBT and CBT to:
 - o Increase interpersonal effectiveness in relationships
 - o Increase emotion regulation skills
 - o Increase distress tolerance skills
 - o Practice mindfulness or other relaxation exercises
 - o Practice thought restructuring techniques
- Daily physician and nursing management
- Opportunities to gain independence in recovery with “real life experiences”
 - o Self-care
 - o Transition from locked bathrooms to unlocked bathrooms
 - o Learn to plan ahead and prepare for meals, estimate food portions, order from a restaurant menu
 - o Use of open kitchens at meal and snack times with staff support
- Nutrition management and counseling focuses on education, individualized meal plans, and a system that encourages increasing flexibility over food choices
- Intensive Individual, group, family, and couples therapy
 - o Individual sessions two to three times per week or based upon individual needs
 - o Family sessions offered once per week or according to individual treatment goals
- Coordination of care with an outpatient team

Eligibility:

- Females, ages 17 and older
- Does not require an acute hospital level of care
- Ready to practice cooking, meal planning and other tasks leading to greater independence

Desired Outcome:

- Development of healthy eating patterns
- Self management of existing medical and psychiatric conditions
- Improved ability to tolerate stressful situations and regulate mood
- Development of a reliable network of support including:
 - o Friends and family
 - o Professional resources—medical, nutritional, counseling

For additional information, please contact our admissions department at 781-647-6727

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