



FREEDOM IS POSSIBLE. TAKE RECOVERY HOME.

Virtual Intensive Outpatient Program for Binge Eating Disorders

In our specialized program, your clients will join their own small healing community with others who are struggling with binge eating disorder (BED) and related conditions. They will gain freedom from shame around food and their body to live a more meaningful and fulfilling life.



SIGNS AND SYMPTOMS OF BINGE EATING DISORDERS



Learn common signs to help you identify clients who may have BED or a related disorder.



WHAT YOUR CLIENTS CAN EXPECT



Evidence-based, weight-inclusive approach addresses the emotions and thoughts that are leading to binge eating behaviors



Same proven intensive outpatient programming offered on-site from the **comfort of home**, where your clients may struggle the most



The **CARE (Consistent, Attuned, Regular Eating) model meal plan** reinforces concepts of nourishment, consistency and flexibility



Specialized experienced care team includes licensed therapist, registered dietitian, consulting physician and care coordinator; **9,000+ patients treated** in all virtual programs **since 2016**



Group therapy sessions with a **consistent small peer group** and clinical team ensure optimal outcomes



Extensive **family involvement**, education and support



Robust **alumni network and resources** available posttreatment



Coverage by most **major commercial insurers**

Please contact us to make a referral or schedule a free consultation with a master's-level clinician. 1-877-825-8584 | Fax: 425-974-1530

For a list of current programs and states, visit: EatingRecovery.com/AtHome

Most major commercial insurance accepted

WHAT OUR PROGRAMS INCLUDE

- Three 3-hour weekly groups including:
 - ✓ Evidence-based skills focused groups (ACT, DBT, CBT, EFFT, ERP)
 - ✓ Process-oriented group therapy
 - ✓ Behavior modification group therapy (exposures, behavioral activation)
 - ✓ Nutrition groups with meal-time support, cooking classes and group meals to provide structure and accountability
- One weekly individual or family therapy session
- One weekly session with a registered dietitian
- Resource library and educational sessions for family, friends, and caregivers
- Recovery Record mobile app tracks food intake, thoughts, emotions and behaviors
- Complimentary continuing education options for all referents
- Weekly peer, alumni and caregiver support groups



FREE VIRTUAL BED SUPPORT GROUPS

Awarded Healthline's **"Best of Online Eating Disorder Support Groups"** in 2021, 2022 and 2023

- **Binge Eating Recovery Community Support Group***
Mondays at 11:00 am MT
- **Binge Eating Disorder Alumni Support Group****
Tuesdays at 5:15 pm MT

Find registration information and the most up-to-date support group information at:
EatingRecovery.com/Support-Groups

*Anyone welcome -- prior treatment at ERC not required.
**For ERC alumni only

COLLABORATION AND CARE COORDINATION

From assessment through discharge, we partner and communicate with you to provide a bridge to recovery for your patients.

Scan Me!



LEARN MORE

Learn more about binge eating disorders and treatment options.

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