

UCSD Eating Disorder Program

Description:

The UCSD Eating Disorders Treatment and Research Program offers a full range of treatment options for teens and adults with Anorexia Nervosa and Bulimia Nervosa. Each individual receives a comprehensive evaluation that determines their individualized treatment plan.

* Intensive Outpatient Therapy (IOP): This program meets three evenings per week from 3:30PM to 7:00PM. A dinner meal and group therapy are provided at every session. Individual and family therapy are provided as needed, as well as psychiatric consultation.

* Day Treatment (DT): This program is a more intensive program for those who require more structure and supervision, including meal support. DT meets from 9:00am to 7:00pm Monday through Friday, providing three meals a day plus a variety of evidence-based interventions. A less intensive option meets 9:00am to 3:00pm and provides 2 meals and snack.

* Intensive Multi-Family Therapy: This is a one week intensive program which provides evaluation and treatment

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