

## **U-M Comprehensive Eating Disorders Program**

### **Description:**

We recognize that eating disorders are complicated illnesses caused by genetic, psychological and psychosocial factors, and that neither our patients nor their families are responsible for having developed an eating disorder.

Our program was designed to honor the importance of families in the recovery process, and is built on the principles of family-based treatment, also known as the Maudsley Approach, adapted for both partial hospitalization and intensive outpatient treatment settings.

We provide a safe and therapeutic environment where nutritional restoration and behavior change can occur. Our focus is to help patients, families, and others recognize their own strengths and empower them to take control of symptoms.

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