

**Saint Louis Behavioral Medicine Institute --**  
**Eating Disorders Program**

Description:

The Eating Disorders Program provides individualized, comprehensive treatment that is based on the latest empirical research. Treatment begins with a comprehensive evaluation, consisting of an interview of the affected individual, psychological questionnaires, and the gathering of external medical information. Family members are strongly encouraged to participate in the initial assessment and with subsequent treatment. We offer our Intensive Outpatient Program in addition to individual and family therapy on an outpatient basis. Our Eating Disorders Intensive Outpatient Program (ED-IOP) consists of three groups/day, three days/week, and is based on a cognitive-behavioral treatment model. The ED-IOP includes a therapeutic meal (lunch) daily, as well as 6 groups based on topics relevant to eating disorders treatment (e.g., Body Image, Symptom Management). The ED-IOP is run by licensed clinical psychologists who are eating disorders specialists. All treatment programs are designed to alter

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