

Eating disorders
really have
very little
to do
with
food.

Discover *why*

Partial Hospitalization | Intensive Outpatient

Adolescent | Adult

866.480.3475

www.CenterForDiscoveryOutpatient.com

Discovery Difference

Co-Occurring Conditions

Discovery specializes in resolving the underlying and co-occurring conditions that contribute to eating disorders. All programs are informed by evidenced-based treatment of trauma, self-harm, substance abuse, depression, anxiety, and mood disorders.

Certified Eating Disorder Specialists

Every program is under the supervision of one of our many CEDS Supervisors and CEDRD Supervisors who each have an average of 12–15 years of experience treating eating disorders.

Age-Specific Treatment

Center For Discovery offers gender inclusive treatment, with separate programming for adolescents and adults.

Flexible Programming

We understand people lead busy lives, so treatment is offered Monday through Saturday to provide every opportunity for therapeutic engagement.

Clients Continue Care with Outpatient Providers

Clients are encouraged to maintain their existing therapeutic and dietary relationships during their treatment at Discovery.

Ongoing Support

Clients and families can access online resources, free weekly support groups, an extensive referral network and aftercare follow-up by a licensed clinical psychologist.



Clients can continue care with outpatient providers

Why Choose Discovery?

20 Year Legacy of Clinical Excellence

Evidenced-Based Practice
for Eating Disorders

Family-Centered Care

In-Network with All Major
Insurance Companies

Free Confidential Assessments

Nationwide Locations

Joint Commission Accredited



Clinical Program

Transforming Trauma

Providing a framework for deeper individual trauma work, clients create safety within themselves and their peer group by Eye Movement Desensitization and Reprocessing (EMDR), Trauma Focused CBT, and the Trauma Resiliency Model provided (TRM) by TRM trained therapists.

Recovery Protection

Relapse prevention is vital to sustain gains made in treatment as outpatient clients transition to lower levels of support with their team. Programs include Acceptance and Commitment Therapy (ACT), family and client tailored psycho-education, inspirational documentaries, discharge planning, and our secure online communication portal, Discovery Connect, as a recipe for sustainable recovery.

Family-Centered Programming

Weekly, three-hour family education, therapeutic meal, and multi-family process group. In addition, clients receive weekly family therapy sessions and support groups. The family is never to blame for an eating disorder, they are a crucial part of treatment and the road to recovery.

Customized Dietary Program

A three phase dietary system enhances each client's level of self-mastery over their meal plan and promotes intuitive eating as a dietary goal. Our Exposure Response Prevention (ERP) dietary experience includes meal preparation support, food science nutrition groups, ERP snacks, one-on-one dietary sessions, and meal planning.



Center For Discovery is committed to keeping clients, families, and treatment providers involved throughout treatment and recovery.

HIPAA COMPLIANT

FREE ONLINE COURSES

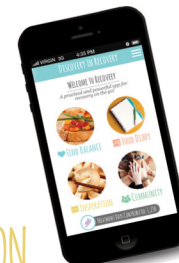
TREATMENT PROGRESS REPORTS ANYTIME, ANYWHERE

RESEARCH AND OUTCOMES

ONLINE RECOVERY SUPPORT



DISCOVERY IN RECOVERY on the go!



FOOD DIARY

- Track Meals/Hunger/Fullness
- Set Goals/Work on Intuitive Eating

INSPIRATION

- Daily Inspiring Quotes
- Extra Support
- Make Commitments

FIND BALANCE

- Yummy Recipes
- Joyful Movement
- Grocery List

COMMUNITY

- Free Support Groups
- Discovery Nation
- Ask A Dietitian



Nationwide Locations

CALIFORNIA

Bay Area

Adult Residential

Beverly Hills

Adult & Adolescent PHP | IOP

Danville

Adolescent Residential

Del Mar

Adult Residential
Adult & Adolescent PHP | IOP

La Habra

Adolescent Residential

La Jolla

Young Adult Residential

Lakewood

Adolescent Residential

Los Alamitos

Adult & Adolescent PHP | IOP

Menlo Park

Adolescent Residential

Newport Beach

Adult & Adolescent PHP | IOP

Pleasanton

Adult & Adolescent PHP | IOP

Rancho Palos Verdes

Adult Residential

Sacramento

Adult Residential

San Fernando Valley

Adult Residential

Woodland Hills

Adult & Adolescent PHP | IOP

CONNECTICUT

Fairfield

Adult & Adolescent Residential

Greenwich

Adult & Adolescent IOP
Adolescent PHP

New Haven

Adolescent PHP | IOP

Southport

Adolescent Residential

GEORGIA

Atlanta

Adolescent Residential

FLORIDA

Orlando

Adolescent Residential
Adult & Adolescent PHP | IOP

Tampa

Adult & Adolescent PHP | IOP

Palm Beach Gardens

Adult & Adolescent PHP | IOP

ILLINOIS

Chicago

Adolescent Residential

NEW JERSEY

Bridgewater

Adult & Adolescent PHP | IOP

Paramus

Adult & Adolescent PHP | IOP

NEW YORK

Hamptons

Adolescent Residential

OREGON

Portland

Adult & Adolescent PHP | IOP

TEXAS

Dallas

Adolescent Residential
Adult & Adolescent PHP | IOP

Houston

Adolescent Residential
Adult & Adolescent PHP | IOP

VIRGINIA

Alexandria

Adult Residential
Adult & Adolescent PHP | IOP

Fairfax

Adolescent Residential

McLean

Adult Residential

WASHINGTON

Bellevue

Adult Residential
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Edmonds

Adolescent Residential

Tacoma

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