

### Eating Disorders

Anorexia Nervosa and Bulimia Nervosa are complex “Bio-Psycho-Social” diseases that require a multi-disciplinary approach to treatment. Among the factors that contribute to their development are a biologic pre-disposition, physiologic consequences of semi-starvation, aberrant nutritional patterns, cultural pressures, family dysfunction, psychological stressor as well as psychological make-up. Recovery is best achieved when each of these issues is addressed via individualized treatment plans.

At the Center for Anorexia and Bulimia at Alta Bates Summit, we offer the Bay Area’s only full-spectrum, psychiatric eating disorder program for both adolescents and adults. We provide evaluation and treatment by some of California’s most qualified professionals, experienced in treating thousands of patients with eating disorders. Our programs bridge both the outpatient and inpatient levels of care and we are fully JCAHO accredited, which means that we have met the highest standards for quality care.

The goal of our program is to get all of our patients well on the way to full and sustained recovery and to minimize risk of relapse. We have been very successful at treating individuals who have failed multiple other specialty treatment centers.

### Assessment and Diagnoses

Eating disorders occur in various forms accompanied by a wide range of symptoms which determine each individual’s unique treatment plan. Every person who enters any of our programs undergoes a comprehensive intake evaluation which may include a diagnostic screening interview, psychiatric evaluation, nutritional assessment, medical evaluation, and possibly psychological testing. These assessments will determine the individual’s treatment plan and level of care.

### Inpatient Psychiatric Services

Inpatient services are provided at the Herrick Campus, home of Northern California’s largest private psychiatric program. Inpatient services may be desired or necessary for the severely underweight anorexic or bulimic patient who has not been able to make progress as an outpatient, may need to get a quick start on recovery, or needs medical stabilization and weight restoration as the first step towards recovery. Referrals can be made to medical facilities when appropriate.

### Intensive Outpatient Program and Partial Hospitalization

We also offer the Bay Area’s only day treatment and intensive outpatient programs for adolescents and adults with eating disorders. This level of care is appropriate for those individuals who are just getting started in treatment or who need more intensive treatment than normally available in standard outpatient office therapy. Your schedule will be determined at the time of the intake evaluation. Schedules typically start at 6 hours a day/5 days a week, and can be tapered as you progress in recovery.

### Medical Evaluations

Eating disorders can lead to serious medical complications which may become irreversible or even lead to sudden death. The effects of semi-starvation on the brain and body also impair the clients’ ability to utilize traditional psychotherapies and hamper recovery from these serious illnesses. A thorough medical evaluation is necessary in order to develop a proper treatment plan. We can work with the patient’s physician or have our physicians, who are experienced with treating eating disorder patients, conduct a thorough medical evaluation and make outpatient referrals for follow-up care.

### Nutrition Therapy

The restoration of normal nutrition and health is an essential part of treatment. All clients must be evaluated by our experienced registered dietitians who have treated hundreds of patients with eating disorders. The ultimate goal for all patients is to improve eating patterns and normalize their relationship with food and their body. After a thorough nutritional assessment, the dietitian will work with the team in devising individualized eating plans for obtaining this goal.

### Psychotherapy

A comprehensive individualized treatment plan is developed for each client including several of the following modalities:

#### Individual Therapy

The cornerstone of recovery for eating disordered clients is individual psychotherapy with an expert therapist. This may be supportive, educational, cognitive-behavioral, or psychodynamic/insight-oriented depending on the stage of recovery.

#### Family Therapy

The involvement of family and significant others is an essential component of treatment. This can be in the form of traditional family therapies or include support and psycho-educational groups.

#### Insight-Oriented “Process” Therapy Group

As therapy progresses the emphasis for recovery shifts more to interpersonal issues and acquiring healthier coping skills. This long-term, stable “process” group can be the ideal setting to re-evaluate the facade that people portray and to practice new-found skills for improving inter-personal and social interactions.

#### Psycho-Educational Interventions

Eating disorder clients and their families commonly suffer from erroneous beliefs and/or lack of correct information about these complicated illnesses. Many patients make significant progress simply by learning more about what causes or maintains these disorders and by correcting distorted beliefs about food, weight and dieting. Our program emphasizes the need to make sense of why anorexia and bulimia are so powerful and consuming. This approach is designed to provide essential information and make the different components and stages of recovery more logical and predictable for patients and their significant others.

#### Free Support Group for Family Members and Significant Others

As a community service we offer free monthly support and educational groups for patients, their families and significant others. Those close to the patient are often overwhelmed by feelings of powerless and guilt so this group provides support through the long and difficult process of recovery. The multi-family groups provide education, an opportunity to share and process experiences, as well as getting needed support.

#### Program Costs

Fees vary depending upon services provided, level of professional care, and time spent. Fee schedules also vary by insurance coverage. Our services are covered by most of the major insurance carriers. We are glad to help you verify insurance coverage prior to admission to the program.

#### More Information or Arranging an Intake Evaluation

To arrange hospital admission, please call our Psychiatric Intake and Information line at (510) 204-4405; 24 hours per day, 7 days a week. To arrange an Evaluation for Outpatient Day Treatment Services or Partial Hospitalization call (510) 204-4569 during business hours, or leave a message.