Eating disorders really have very little to do with food.

**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.

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**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 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.

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

HIPAA COMPLIANT TREATMENT PROGRESS REPORTS ANYTIME, ANYWHERE FREE ONLINE COURSES 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

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 Adolescent Residential
- 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
- McLean Adolescent Residential

WASHINGTON
- Bellevue Adult Residential Adult & Adolescent PHP | IOP
- Edmonds Adolescent Residential
- Tacoma Adult & Adolescent PHP | IOP

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