



WE'RE HERE TO HELP.

The Emily Program offers a wide array of groups and intensive programs for all ages and genders. You're sure to find one to meet your needs and interests. **Speak with your therapist to participate in a group or intensive program.** Our group offerings do change frequently. Please check our website at emilyprogram.com for the most up-to-date offerings. Please note that you must be a registered Emily Program client to participate.



The Emily Program

Real help for eating disorders

** We work closely with community providers. In most cases, clients at the outpatient level of care can continue appointments with outside providers as needed either with their external team or within our program.*

Recovery means fully engaging in life, personal relationships and community. Everyone's path is different, which is why we offer a range of options for:

- Anorexia
- Compulsive Overeating & Binge Eating Disorder
- Bulimia
- Food & Body Image Issues
- Other Specified Feeding or Eating Disorders (OSFED)
- Avoidant Restrictive Food Intake Disorder (AFRID)



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Real help for eating disorders

Founded in 1993, The Emily Program has become nationally recognized for our compassionate and personalized approach to eating disorder awareness, treatment, and lifetime recovery. We understand the tangled complexities of eating disorders, often from personal experiences. *We know there is hope.*

CLEVELAND

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Beachwood, OH 44122
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MAKE PEACE WITH FOOD.



The Emily Program

Real help for eating disorders



2017

GROUP & PROGRAM OFFERINGS

CLEVELAND, OH

(888) 364-5977 | (888) EMILY-77

emilyprogram.com

GROUPS THAT FIT YOU

Group Offerings

ADHERENT DBT, ADULT

This is a 90-minute DBT skills group which includes homework that is assigned and reviewed weekly, and a 24-week skills rotation that will teach skills in a classroom-like setting following the DBT skills manual. This group is attended by adult clients who have made a commitment to a DBT therapy model and are also receiving the other components of adherent DBT.

BODY IMAGE, ADOLESCENT

This group will help decrease behaviors that contribute to negative body image. Clients will work to acquire adaptive coping skills, improve self-esteem, and promote positive body image.

FEMALE BODY IMAGE, ADULT

This group will focus on increasing body image satisfaction. Clients will challenge cognitive distortions and learn anxiety reduction techniques.

MALE BODY IMAGE, ADULT

This group will focus on increasing body image satisfaction. Clients will challenge cognitive distortions and learn anxiety reduction techniques.

BED GRADUATE

This group offers continued support and skills after clients graduate from BED-IOP. Components include: mindful snacks, skills, and goal setting.

DBT GRADUATE, ADOLESCENT

This group offers continued support and skills after clients complete one cycle of multi-family group. This group will help prevent relapse by reinforcing progress made in previous group.

DBT MULTI-FAMILY GROUP

In this group, parents and young people learn Dialectical Behavioral Therapy (DBT) skills to tolerate distress, communicate effectively, increase awareness, and regulate emotions.

LIFE SKILLS

This group teaches Dialectical Behavioral Therapy (DBT) and Cognitive Behavioral Therapy (CBT) skills. Clients will focus on developing healthy coping strategies to use instead of harmful eating disorder behaviors.

RADICALLY OPEN DBT

Radically Open DBT is a novel adaptation of standard DBT that treats emotional & behavioral "over-control" (OC), including significant cognitive rigidity, risk aversion, strong need for structure, inhibited emotional expression, aloof/distant relationships, social isolation, and hyper-perfectionism.

For the most up to date information and group schedule, please call or stop by the front desk.

Intensive Programs

INTENSIVE OUTPATIENT PROGRAM (IOP)

IOP programming is designed to help clients who need more support than outpatient alone can offer. IOP includes group therapy, nutrition counseling and education, therapeutic meals, and integrative interventions. IOP programming uses evidence-based treatment philosophies including Cognitive Behavioral Therapy (CBT), Family-Based Therapy (FBT), and Dialectical Behavioral Therapy (DBT).

INTENSIVE DAY PROGRAMMING (IDP)

Day programming is a structured program for clients who are unable to decrease eating disorder behaviors or are stepping down from residential/inpatient care. PHP includes individual and group therapy, therapeutic meals, vitals monitoring, and medication management. IDP programming uses evidence based treatment philosophies including Cognitive Behavioral Therapy (CBT), Family-Based Therapy (FBT), and Dialectical Behavioral Therapy (DBT).

Other Services

ADULT AND ADOLESCENT INTAKES
 PSYCHOLOGICAL TESTING
 INDIVIDUAL THERAPY
 FAMILY-BASED TREATMENT (FBT)
 NUTRITIONAL EVALUATION AND COUNSELING
 FAMILY AND COUPLES THERAPY
 PSYCHIATRY