



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 individual 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. Clients can continue appointments with an individual therapist, dietitian and/or physician as needed either with their outside 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)



The Emily Program

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.*

SOUTH SOUND

673 Woodland Sq Loop SE,
Suite 330
South Sound, WA 98503
(888) 364-5977

(888) EMILY-77 | emilyprogram.com



MAKE PEACE WITH FOOD.



The Emily Program

Real help for eating disorders



2017

GROUP & PROGRAM OFFERINGS

SOUTH SOUND, WA

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emilyprogram.com

GROUPS THAT FIT YOU

Group Offerings

CHANGING YOUR RELATIONSHIP WITH FOOD

This group will focus on the foundations of nutrition and meal planning, setting nutritional goals, identifying barriers to meeting set goals, and problem solving difficult situations. Clients will be expected to attend this group on a weekly basis and participate in activities such as meal planning, keeping food logs, and discussing this information in a group setting.

When: Wednesdays, 4:00-5:30pm

Led by: Stacy Schilter-Pisano, Laurie Schaetzel-Hill

RECONNECT WITH EXERCISE

This group is for anyone struggling with (and/or having struggled with a history of) over-exercise, exercise issues, and/or issues related to athletics and how it ties into one's eating disorder.

When: Mondays, 4:30-5:30pm

Led by: Stacy Schilter-Pisano, Cal Ledbetter

RECOVERED LIFE

This group is for clients who are seeking ongoing recovery support and accountability after completing eating disorder treatment/programming. This group can be helpful in addition to your Emily Program individual therapy or in conjunction with your outside therapy.

When: Wednesdays, 6:00-7:30pm

Led by: Cal Ledbetter

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, supported group meals, and experiential therapies.

PARTIAL HOSPITALIZATION PROGRAM (PHP)

PHP 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.

PARTIAL PLUS LODGING

We believe treatment should be accessible and that recovery happens when individuals are able to practice recovery skills in real-life situations. Neptune Lodging in Seattle gives clients easy access to the eating disorder treatment they need, coupled with a home-like environment where they can practice and reinforce recovery skills learned in intensive programming.

Free Support Groups

FRIENDS & FAMILY SUPPORT GROUP

Friends and family often need extra support when a loved one is struggling with an eating disorder. This group provides a safe place to deal with difficult issues and gather some valuable resources.

When: Mondays, 6:00-7:00pm

RECOVERY NIGHT

Each quarter clients and their friends and family are invited to hear speakers share stories of hope and success on their road to recovery from eating disorders. Speakers include former clients, support people, and community members.

When: For upcoming dates and times, please visit emilyprogram.com/for-families/support

Other Services

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