Eating Disorders and Trauma

In-person treatment in Columbus, Ohio

The Emily Program's Trauma & Eating Disorder PHP in Columbus, Ohio is uniquely designed with adults with trauma histories and eating disorders in mind.

There is a well-established link between trauma and the development of eating disorders. Trauma doesn't automatically cause an eating disorder, but it can significantly increase the risk—especially when the trauma affects a person's sense of safety, control, identity, or self-worth. Trauma can also exacerbate feelings that contribute to disordered eating, like self-criticism, perfectionism, poor body image, and impulsivity. People with eating disorders who have experienced traumatic events have an increased likelihood of poorer outcomes, such as eating disorder treatment drop-out and post-treatment relapse.[1]

Designed specifically for adults who have eating disorders and traumatic experiences as part of their stories, this program combines the expert eating disorder care The Emily Program has provided for decades with the evidence-based trauma treatment approach called Cognitive Processing Therapy (CPT). Our goal is to provide **concurrent, compassionate, and effective** treatment for each of these diagnoses, both of which often create devastating long-term consequences to quality and longevity of life when left untreated.

- **43.8% of individuals diagnosed with an eating disorder reported experiencing more than one traumatic event in their lives. (International Journal of Eating Disorders)**
- **78% of trauma survivors use eating behaviors to distract from intrusive memories. (Journal of Traumatic Stress)**

[1]Jamie Manwaring, PhD (2025, March 1). *Eating Disorders, Trauma & PTSD: How EMDR, CPT & PE Support Recovery*. Acute Center for Eating Disorders & Sever Malnutrition. https://www.acute.org/resources/eating-disorders-trauma-ptsd

Grace Kim BSN, RN, PMH-BC. (n.d.). *Eating Disorders & Trauma: Understanding the Connection*. ANAD. https://anad.org/eating-disorders-trauma-understanding-the-connection/

Connect with us!

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THE Emily PROGRAM

Uniquely designed treatment for trauma and eating disorders

Our Trauma & ED PHP takes place **in-person, six hours per day, Monday-Friday.** The program's treatment day includes two therapeutically supported meals and one snack, three therapy groups, and three times daily for mindfulness and other skills that help clients practice staying connected to the present moment. This multidisciplinary team-based treatment understands the complex needs created by traumatic experiences and eating disorders and actively partners with clients as they **learn how to find safety, well-being, and courage again.**

Program Components

- Therapy Groups
- Individual therapy and nutrition sessions
- Therapeutic supported meals
- Mindfulness-based practices multiple times per day

Program Goals

- Interrupt eating behaviors that interfere with physical, emotional, and mental health
- Build insight into thought and behavior patterns that reinforce avoidance, fear, and hypervigilance
- Develop recovery-focused adaptive skills, including tools for coping with uncertainty and self-loathing
- Increase awareness of triggers that exacerbate unhelpful responses to traumatic events, food, and body sensations
- Build appropriate trust in oneself and the surrounding world
- Identify and utilize a community of support outside treatment

Connect with us to learn more about this program in Columbus, Ohio

THE Emily PROGRAM

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