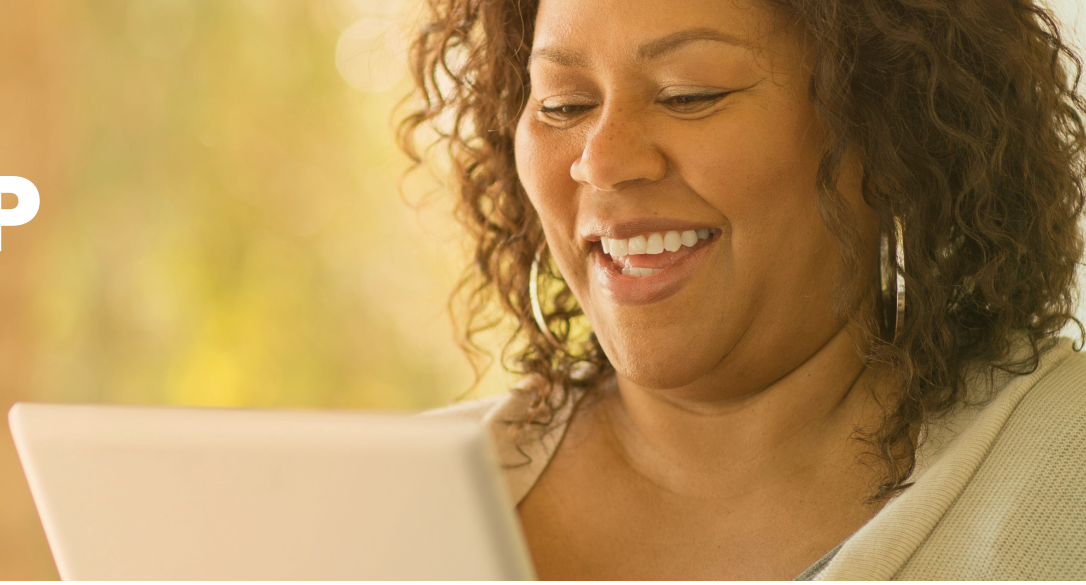

CARE IOP

Virtual intensive treatment for binge eating

The Emily Program's CARE IOP is uniquely designed for adults with binge eating disorder or OSFED with a pattern of binge eating.

Individuals who struggle with binge eating often face unique challenges in eating disorder treatment. Food and body judgment, discomfort at meals and snacks, and social stigma are exacerbated in settings that don't adequately address their needs.

At The Emily Program, adults affected by binge eating and compulsive overeating can find structure and support in a safe, weight-inclusive space created exclusively for them. CARE IOP is an intensive virtual program that honors clients' identities and experiences in informed, intersectional care.

CARE IOP

- **CULTIVATING**
- **AWARENESS and**
- **RESILIENCE with**
- **EXPERIENCE, EATING, and EMOTIONS**

For Questions: Ask Emily!

888.364.5977
emilyprogram.com

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THE Emily PROGRAM

Uniquely Tailored Treatment for Binge Eating

CARE IOP takes place four days per week, three hours per day, and includes two groups and one therapeutic supported meal daily. The program's virtual format encourages self-accountability as clients practice eating, preparing food, and coping from the comfort of home.

Multidisciplinary teams respond to clients' intersecting identities with programming related to self-compassion, exposure and response prevention, health-promoting behaviors, and counteracting internalized weight stigma.

Program Components

- Therapy groups
- Therapeutic supported meals
- Individual therapy & nutrition sessions
- Involvement of loved ones

Program Goals

- Interrupt binge eating or overeating behaviors
- Understand the complex factors related to the binge eating or overeating pattern
- Develop recovery-focused adaptive skills, including tools for self-compassion
- Increase attunement with internal experiences
- Address co-occurring conditions that may interfere with recovery and treatment
- Identify and utilize a community of support outside of treatment

Sample Schedule - Single Day

MON | **5 PM:** Self-Monitoring/Goals | **6 PM:** Dinner | **7 PM:** Relationship with Self/Body Group

> *I don't want to lose one more minute of my life to this eating disorder and obsessing about food and eating and my body. This program has given me my life back and I won't lose more minutes.*
>
> *– A CARE IOP client*

> *This program has quite literally changed and possibly saved my life. I have so much gratitude.*
>
> *– A CARE IOP client*

THE Emily PROGRAM

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