



At Castlewood, We Believe:

- The eating disorder is the outcome of a complex developmental track.
- While the eating disorder is a distinct disorder, it arose out of an overwhelming need for a powerful coping strategy.
- The eating disorder has served and does serve different functions in the person's life.
- Treatment starts with a comprehensive conceptualization of how the eating disorder developed, as well as other related issues/conflicts that contributed to the need for the eating disorder.
- Treatment must include strategically-applied, evidence-based behavioral, affective, cognitive, and experiential interventions specific to the client's eating disorder and the function it serves.

Clinical Philosophy:

- Full recovery from an eating disorder is possible.
- Full recovery is not just symptom remission- it is an inner transformation that creates improved functioning, strengthened relationships, and enriched quality of life.
- Full recovery requires individually-tailored, targeted treatment that addresses underlying core beliefs and attachment strategies as well as co-occurring symptoms.

What We Treat:	Who We Treat:	Modalities Used:
<ul style="list-style-type: none"> • Anorexia • Bulimia • Binge Eating Disorder • Exercise Disorders • OSFED • Co-Occurring Disorders <ul style="list-style-type: none"> • Trauma/PTSD • Obsessive Compulsive Disorder • Anxiety Disorders • Depression • Addictions 	<ul style="list-style-type: none"> • Men Age 16 + • Women Age 16 + 	<ul style="list-style-type: none"> • Attachment-Based Therapy • Schema-Based Therapy • Cognitive Behavior Therapy • Acceptance and Commitment Therapy • Dialectical Behavior Therapy • Exposure and Response Prevention • Expressive and Creative Arts Therapies • EMDR • Cognitive Processing Therapy for Trauma • Internal Family Systems Therapy • Family Therapy • Life Coaching

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Castlewood's Individually-Tailored, Targeted Treatment Includes:

- Frequent individual sessions with Primary Therapist (4 per week for first month of Residential, 3 per week PHP, 2 per week IOP)
- Adjunct therapy sessions as indicated with specialists in trauma, anxiety disorders, drug and alcohol abuse/dependence.
- Family therapy and education
- Weekly sessions with dietitian and psychiatrist
- Monitoring and oversight by nursing staff
- Up to 5 groups a day with experienced therapists on such topics as shame resilience, spirituality, sexuality, attachment, interpersonal relationships, and family dynamics.

We believe that four individual therapy sessions, to work at resolving the roots of the eating disorder, and six or more hours of group therapy per day, to neutralize shame and improve interpersonal connections, will give our clients a powerful and transformative experience.

At Castlewood We Are Committed To:

• Providing evidence-based treatment

- We incorporate evidence-based interventions, such as Cognitive Behavior Therapy, Schema Therapy, Attachment-Based Therapies, Acceptance and Commitment Therapy, Dialectical Behavior Therapy, Exposure and Response Prevention for Anxiety Disorders, as well as EMDR and Cognitive Processing Therapy for Trauma-related disorders.
- Clients complete assessments at admission and discharge, and throughout treatment to track progress and inform treatment decisions. Clients complete follow-up assessments after discharge to measure long-term recovery.

• Incorporating Innovative techniques

- Eating disorders affect the whole person. As such, treatment must occur from a holistic perspective, and treat all facets of the individual. At Castlewood innovative interventions, such as drama therapy, art therapy, dance & movement therapies are integrated into treatment to address all features of the eating disorder and all aspects of the person.

• Providing comprehensive, exceptional treatment by a collaborative multidisciplinary team of experts

- Treatment team members are experienced and well-trained and include experts in eating disorders and related conditions, such as trauma, anxiety disorders, and substance abuse.
- Treatment team check-ins occur on a daily basis with formal treatment team meetings on a weekly basis.

• Providing a full continuum of care

- We treat clients at all levels of care including residential, partial hospitalization, intensive outpatient, transitional living, and outpatient. We also have an alumni program in which former clients can participate in webinars, support services, and quarterly alumni events.
- We recognize that relapse often occurs as clients move through treatment, when necessary clients can be smoothly transitioned to higher and lower levels of care.

• Treating clients with Compassion, Respect and Empowerment



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