

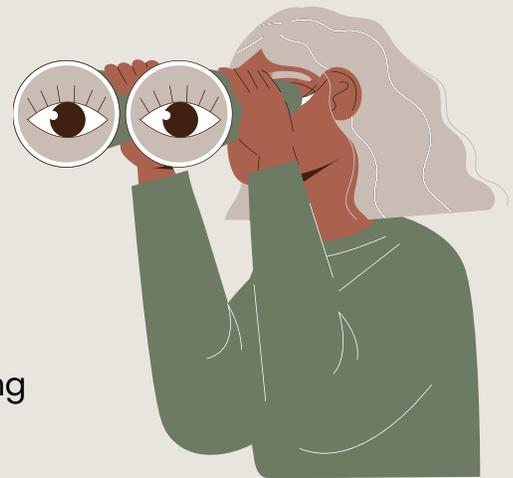
### What does evidenced based treatment mean?

- Treatments that work based on the best available **research**
- Takes into account: **latest research**, the **clients values** and **preferences**, clinicians' **clinical experience**

### Establishing a Treatment Team

#### What to look for:

- Clinician training, Certifications and degrees clinicians hold
  - LPC, LPC-A, RDN, LD, LMSW, LCSW, LCDC, PhD
- Certified Eating Disorders Specialist (CEDs)
  - 2500 hours, supervision, course work, continuing education, passage of an exam to assess knowledge



#### Check out this blog for full details on choosing a provider:

<https://jsechinutritiontherapy.com/why-is-it-important-to-see-a-dietitian-that-specializes-in-eating-disorders/>

#### Levels of Care can Vary:

- Outpatient (**OP**)
- Intensive Outpatient (**IOP**) 1-6+months
- Partial Hospitalization (**PHP**) 1-2+months
- Residential (**RTC**) 1-3+months
- Inpatient (**IP**) 2-6+weeks

#### Learn more about the different levels of care:

<https://www.allianceforeatingdisorders.com/types-of-eating-disorder-treatment-levels-of-care/>

#### Considering Cost, Learn about navigating insurance:

<https://jsechinutritiontherapy.com/how-to-navigate-insurance-when-finding-an-ed-specialist/>

### Targeted Interventions:

- Adolescent Focused (AF)
  - Individual therapy
  - Individual nutrition therapy
- Family Based Treatment (FBT)
- Family Therapy
- Coaching: Client and parent/caregiver
- **Groups** (support, process, clinician led, client led) and **Other experientials**: meal support, equine therapy, yoga, ketamine assisted psychotherapy, art therapy, etc



### Therapeutic Modalities (more alphabet soup!)



- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Radically Open Dialectical Behavioral Therapy (RO-DBT)
- ACT (Acceptance and Commitment Therapy)
- Exposure with Response Prevention (ERP)
- Trauma Informed Care
- Emotion Focused Family Therapy (EFFT)

### You need HOPE. Hope happens when:

- We have the ability to set **realistic goals** (I know where I want to go).
- We are able to figure out **how to achieve those goals**, including the ability to **stay flexible** and develop alternative routes (I know how to get there, I'm persistent, and I can tolerate disappointment and try again).
- **We believe in ourselves**: I can do this! (-Brene Brown, PhD)