



What type of treatment do I need if I have an Eating Disorder?

Dependent on the severity of your eating disorder, we may recommend that you complete outpatient, intensive outpatient, partial hospitalization, or residential/inpatient treatment.

If you need outpatient or intensive outpatient, or are transitioning out of a partial hospitalization, or inpatient/residential setting, we can treat you at the Louisville Center for Eating Disorders.

If you need a higher level of care, we will provide recommendations for centers that can specialize in the treatment of eating disorders.



Intensive Outpatient Program (IOP) for Eating Disorders

In addition to weekly therapy, we now offer an intensive outpatient program (IOP) for eating disorders! Our program consists of an individualized treatment program that combines empirically-based therapies for eating disorders, nutrition counseling, meal support, real-word practice, and psychiatric care. Contact our clinic below to discuss which option would be the best fit for you or your loved one.



Louisville Center for Eating Disorders

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Treatment for Eating Disorders



Help, Hope, & Information for Individuals Suffering from Eating Disorders

 **Louisville Center**
for Eating Disorders

 **Behavioral Wellness Clinic**

 **LOUISVILLE OCD CLINIC**

Anorexia Nervosa, Bulimia Nervosa, & Binge Eating Disorder



DISORDERS SPECIALIST,
Dr. Cheri Levinson,
PhD, HSP

WHAT IS AN EATING DISORDER?

Eating disorders are defined by several forms, including anorexia nervosa (AN), bulimia nervosa (BN), binge eating disorder (BED), and feeding and other specified feeding or eating disorder (OSFED). Regardless of the type of eating disorder, if you struggle with poor body image, restrictive eating, binge eating, purging, appearance concerns, eating anxiety, or other disordered eating behaviors, there is treatment that can alleviate your suffering.

WHAT ARE THE SYMPTOMS?

- ❑ Excessive concern with weight, shape, or body image
- ❑ Inadequate food intake
- ❑ Self-esteem overly related to body image
- ❑ Eating a large amount of food in a short period of time while feeling out of control
- ❑ Self-induced vomiting
- ❑ Excessive exercise

Using diuretics, diet pills, or laxatives to control weight
Preoccupation with weight, food, and dieting
Anxiety about gaining weight and/or food
Withdrawal from friends and family
Significant weight loss, even if still at a healthy weight
Excessive guilt
Excessive night time eating

WHO IS AFFECTED?

Eating disorders can affect anyone. However, young women are at high risk to develop an eating disorder. Eating disorders generally develop during early adolescence (ages 12-14) and/or during late adolescence (ages 15-19, often during the transition to college). Though young women are at higher risk, anyone can develop an eating disorder. Women, men, young adults, older adults, and individuals of all ethnicities and cultures may develop an eating disorder.

Dr. Levinson is a licensed clinical psychologist and supervisor at the Nashville Center for Eating Disorders. She is also an Assistant Professor and the Director of the Eating Anxiety and Treatment (EAT) Laboratory at the University of Tennessee at Knoxville.

Dr. Levinson treats adults and adolescents with eating disorders. She specializes in the treatment of eating disorders and comorbid disorders (specifically anxiety disorders and OCD) using empirically supported cognitive-behavioral techniques.

