



Common Symptoms of Eating Disorders

- ❑ Excessive concern with weight, shape, or body
- ❑ 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



Other Treatments for Eating Disorders

In addition to our intensive outpatient treatment program for Eating Disorders, we also offer weekly psychotherapy for our eating disorder patients.

Our weekly sessions also offer quality care and incorporates cognitive behavioral therapy, nutrition counseling, medication management, and treatment for co-occurring disorders.



Louisville Center for Eating Disorders

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Intensive Outpatient Program (IOP) for Eating Disorders



Louisville Center
for Eating Disorders



**Behavioral
Wellness
Clinic**

IOP for Anorexia Nervosa, Bulimia Nervosa, & Binge Eating Disorder



Meet Our Eating
Disorders Specialist,
Dr. Cheri Levinson,
PhD, HSP

WHO IS AN IDEAL CANDIDATE FOR THE IOP PROGRAM?

While any of our patients with Eating Disorders can participate in the IOP program, this program is ideal for individuals who need more than outpatient therapy or who are transitioning out of residential or partial hospital programs.

WHY OUR PROGRAM?

The Louisville Center for Eating Disorders is the **ONLY** eating disorder center in the state of Kentucky that offers an intensive outpatient program.

While most intensive outpatient programs lump all individuals into groups, we provide a personalized program for every individual. We know that eating disorders never look exactly alike, which is why we think that an individualized treatment program is best.

The IOP is an individualized program that includes psychological therapy, nutrition counseling, and psychiatric support.

We are more than happy to give recommendations on if an IOP program would be suitable. We provide free consultation calls with the Clinical Director.

WHAT WILL I DO IN THE IOP PROGRAM?

As part of the IOP, we will design a personalized program that will support your needs best. Programs are usually 2-3 hours per day 3-5 days a week. Example programs consist of the following aspects:

- individual therapy
- nutrition counseling
- medication management
- individual meal therapy
- group meal therapy
- individual skills building
- group skills building (DBT)
- group cognitive-behavioral therapy
- body image treatment
- exposure treatment
- meal outings
- home meals
- real-world exposures (e.g., grocery shopping, clothes shopping)
- other personalized treatments

You can reach out to us at any time to see what the program would look like for you!

Please visit our website at louisvilleeatingdisorderclinic.com or call us at 502-338-0608 for more information about our IOP Program.

Dr. Levinson is a licensed clinical psychologist and supervisor at the Louisville 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 Louisville.

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.

