



The Emily Program

The eating disorder specialists

CARE IOP Overview

The Emily Program's CARE IOP is for individuals who are wanting to intervene on a pattern of binge eating or overeating behaviors. The program includes two groups and one therapeutic supported meal daily, four days per week, and is designed to provide more intensive treatment, support and structure as recovery goals are pursued. It is a virtual program, offering an ongoing opportunity for supported self-accountability while practicing eating, food preparation and coping within the comfort of one's own private space.

Program Goals

- Interrupt binge eating or overeating behaviors.
- Understand the potential biological, psychological, and social factors related to the development and maintenance of the binge eating or overeating pattern.
- Teach recovery-focused, adaptive skills, including skills for self-compassion.
- Increase attunement with internal experiences.
- Address co-occurring conditions that may interfere with eating disorder recovery and treatment.
- Help individuals identify and utilize a community of support outside of treatment.

Core Components of Treatment

- **Therapy groups:** Include skills acquisition, nutrition education, psycho-education, relationship with self & body, and yoga groups.
- **Therapeutic Supported Meals:** Therapists, dietitians and other staff provide individualized support during programmatic meals.
- **Individual Therapy and Nutrition Counseling:** Sessions scheduled weekly.
- **Involvement of Family Members, Friends and Loved Ones:** Encouraged through education and additional support services.
- **Medical and Psychiatry Services:** Recommended as needed outside of programming hours and in collaboration with treatment team.

Program Expectations

- **Attendance:** Expected on all scheduled program days. Attendance policy was provided at time of intake and is available upon request.
- **Substance Use:** A commitment to sobriety is requested during all scheduled programming hours and individual sessions.
- **Confidentiality:** A requirement for involvement in programming.

CARE IOP Meals

Program meals occur daily and are termed "therapeutic supported" meals. They are designed to assist with untangling eating disorder thoughts and behaviors from authentic eating preferences. They are further provided to increase regularity, variety and adequacy of intake. Participation in therapeutic supported meals can open the door to a peaceful relationship with food and the restoration of an eating pattern that supports overall health and well-being.