



FOR IMMEDIATE RELEASE:

April 19, 2011

MEDIA CONTACTS:

Erica O'Connor

Weber Shandwick

206.576.5596

eoconnor@webershandwick.com

Jillian Lampert

The Emily Program

651.428.4654

jillian.lampert@emilyprogram.com

Eating Disorder Treatment Center Opens in Seattle to Serve the Unmet Needs of 250,000+ Washington State Residents

The Emily Program Takes an Integrated Approach to Provide Comprehensive Eating Disorder Care

Seattle, WA – April 19, 2011 – [The Emily Program](#), which has provided personalized eating disorder treatment for more than 4,500 individuals, is officially launching its Seattle office April 21, 2011 to address an unmet need in the community. It is estimated there are more than a quarter of a million people – more than the population of Spokane – in Washington currently in need of treatment for an eating disorder, more than 180,000 adults and 70,000 adolescents. Studies show that 25 percent of those with eating disorders are male and approximately 50 percent of people know someone with an eating disorder.

“The Emily Program takes a personalized and integrated approach to treating eating disorders by incorporating psychological, nutritional and medical treatment options,” says Emily Program Spokesperson Dr. Jillian Lampert. “Rather than traveling long distances to access adequate care, residents will now be able to get more intensive services closer to home.”

The Emily Program’s new office will be located in the Westlake neighborhood at 1700 Westlake Ave. N., Seattle. To mark its statewide launch, Emily Program spokespeople will address the local need for more effective treatment on **Thursday, April 21 from 7 – 9 p.m.** at an event hosted by the Washington Area Eating Disorders Network at the [Mercer Island Community Center](#) located at 8236 SE 24th Street. During the presentation, entitled “*Eating Disorders: Addressing Seattle’s Silent Problem*,”



former client and Seattle native Monica Saeger, will join program spokespeople to share her story and highlight how The Emily Program’s approach helped her overcome the many challenges of battling an eating disorder.

“The Emily Program is all about treating the person, not just the symptoms. They know that one size does not fit all,” says Monica Saeger. “I am healthy and successful today because of The Emily Program.”

According to the [National Eating Disorders Association](#), as many as 11 million Americans are struggling with anorexia nervosa or bulimia. An additional 25 million are struggling with binge eating disorder. A [recent study](#) conducted by the National Institute of Mental Health – said to be the largest and most comprehensive analysis of eating disorders – found that more than half a million U.S. teens have had an eating disorder but few have sought treatment for the problem.

###

About The Emily Program

The Emily Program was founded in 1993 by Dirk Miller, PhD, LP, after his sister Emily recovered from an eating disorder. To date, the Emily Program has provided more than 4,500 clients with comprehensive treatment for eating disorders. Recognizing that one size does not fit all, the Emily Program develops a personalized care plan for its patients that incorporates individual and group therapy, nutrition, yoga and more. If you or someone you know is struggling with an eating disorder, call **206.283.2220** or visit **[emilyprogram.com](#)**.