

A continuum of care for patients with eating disorders.

At Timberlawn Mental Health System, we specialize in the effective, compassionate treatment of eating disorders in adults aged 18 and older. Our innovative and comprehensive therapies are designed to address root causes and help patients with compulsive overeating, bulimia or anorexia return to a healthy lifestyle and positive self-image.

Providing the highest standards of care, the Center for Eating Disorders at Timberlawn can accommodate patients on both an inpatient or intensive outpatient basis. Accredited by JCAHO, we are the only psychiatric hospital in Texas to be recognized in the *U.S. News and World Report* survey of top hospitals in the country.

Referrals

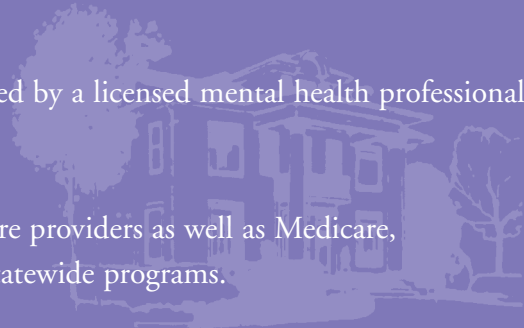
Accepted by phone, e-mail or in person 24 hours a day, 7 days a week.

Initial assessment

Provided at no cost and conducted by a licensed mental health professional.

Insurance

Accepted from most managed care providers as well as Medicare, NorthStar/Medicaid and other statewide programs.



Timberlawn
Mental Health System

4600 Samuell Blvd. • Dallas, TX 75228 • www.timberlawn.com



The Center for Eating Disorders at Timberlawn
Innovative treatments for lasting well-being.



Who suffers from eating disorders?

Many adults have an unhealthy relationship with food and weight, and they often suffer in silence. Our culture's preoccupation with physical appearance often makes it difficult to determine who is suffering from eating disorders.

Individuals with eating disorders often exhibit compulsive behaviors such as binge-eating, starving, vomiting, excessive exercising, abuse of laxatives and other behaviors focused on eliminating or avoiding food. If left undiagnosed and untreated, eating disorders can be dangerous and even fatal.

Unfortunately, many approaches to the treatment of eating disorders focus on rigid management of the problem by emphasizing issues of weight and food consumption. Not surprisingly, research shows that approximately 60% of eating disorder sufferers who complete a course of treatment experience a relapse in their symptoms within five to eight years.

Treatments and Therapies

- Individualized treatment planning
- Nutrition groups
- Supervised meals
- Body weight / body image
- Nutritionist consultations
- Meal process groups
- Grief and loss therapies
- Creative and expressive art and music therapies
- Specialized clinical sensitivity and trauma intervention
- Family education about this disorder
- Family therapy



Dr. Catherine Fontaine

The Center for Eating Disorders at Timberlawn is led by Dr. Catherine Fontaine, a recognized expert in psychiatry and the treatment and management of eating-related disorders. A graduate of the University of Florida School of Medicine and a fellowship recipient at the University of Texas Southwestern Medical Center, Dr. Fontaine brings extensive experience in treating individuals suffering from eating disorders, depression, anxiety and trauma. Her enthusiasm and commitment to compassionate, innovative care strategies are key components in the Center's successes—and those of its patients.

An innovative approach.

At Timberlawn, we understand that eating disorders are “multidetermined” illnesses, influenced by a variety of physiological, familial and social factors. Our unique treatment programs emphasize resolution of these underlying psychological and emotional conflicts.

The primary goal of the Center is to provide patients with practical tools they can use to contain their symptoms, modify distorted thinking, correct their eating habits, and normalize their body image and weight. We help patients gain insights into their behavior and give them the skills they need to prevent relapse—and enjoy lasting change.



Are you suffering from an eating disorder?

- Do you restrict your diet?
- If so, how much do you eat?
- What are your highest and lowest weights?
- How much do you weigh now?
- How do you feel about your body weight?
- Do you binge eat? How much? How often?
- Do you make yourself vomit? How often?
- Do you use diuretics? How often?
- Do you use enemas? How often?
- Do you use laxatives? How often?
- Do you over-exercise?
- Do you use diet pills? Ipecac?
- When did you first start having eating issues?
- What was happening then?

If you or someone you love suffers from an eating disorder, contact your doctor or Timberlawn Mental Health System today.

If you have any questions or would like more information on referral, evaluation or admission procedures, please contact us at **(800) 426-4944**.

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Timberlawn 
Mental Health System

Dedicated to patient care, education and research since 1917.