

The Eating Disorders Intensive Outpatient Program

Healthy lifestyle • Positive self-image • Long-term change

The Eating Disorders Intensive Outpatient Program at Timberlawn offers innovative treatments and therapies to adults aged 18 and older who suffer from compulsive overeating, bulimia or anorexia and whose condition cannot be managed through traditional outpatient services.

Patients admitted to the Intensive Outpatient Program attend treatment four days a week, three hours a day for up to five weeks. Each patient's progress is carefully monitored by Timberlawn's team of clinical physicians, nutritionists and psychiatrists who work in close consultation with the patient's referring doctor.

Program Schedule

Monday	11am – 2pm
Tuesday	4pm – 7pm
Wednesday	(no sessions)
Thursday	4pm – 7pm
Friday	11am – 2pm



The Program offers:

- Individualized treatment planning
- Nutrition groups
- Supervised therapeutic 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

If you or someone you love suffers from an eating disorder, contact your doctor or Timberlawn Mental Health System today.
(214) 381-7181 • (800) 426-4944

Timberlawn Mental Health System
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Timberlawn 
Mental Health System

Dedicated to patient care and research since 1917.