

ADULT CLINIC

We work with adults, of all ages and genders, struggling with difficulties with eating, weight, and/or food. We offer all levels of care, low-cost supportive housing, and a wide-range of evidence-based treatments that are tailored to your specific symptoms and goals.

PHILOSOPHY AND TREATMENT APPROACH

Over the past decade, there have been tremendous advances in science that have revolutionized our understanding of eating disorders. Technological tools such as functional magnetic resonance imaging (fMRI) have now substantiated that eating disorders have a powerful neurobiological basis. Researchers have identified specific neurobiological differences in the brains of people with eating disorders. This explains why eating disorders tend to run in families and why people with eating disorders often exhibit certain personality traits. We also know that people with eating disorders struggle with emotion regulation, or the ability to successfully manage their emotions in flexible, effective ways. Some people with eating disorders are highly sensitive to emotion and experience their feelings very intensely, which is overwhelming and leads to ineffective or destructive behavior. Many of our patients have alexithymia, or difficulty identifying, labeling, and/or expressing emotion. People with eating disorders tend to be prone to anxiety and depression.

For these reasons, the Adult Program uses Dialectical Behavior Therapy (DBT), an evidence-based treatment that is considered the “gold standard” for treating emotion regulation problems. Comprehensive or “fully adherent” DBT includes four components:

1. Individual Therapy
2. DBT Skills Groups
3. Phone Coaching
4. A consultation team to help the therapist deliver the treatment correctly and effectively.

The Adult Program has all of these components, and our treatment team has been intensively trained in DBT.

TREATMENT PROGRAMS

We provide several levels of care, helping people to re-integrate back into their lives while building lasting recovery and preventing future relapses.

Partial Hospitalization Program (PHP)

10 Hour PHP includes:

- + 3 meals and 1-2 snacks per day
- + Restaurant outings (once patient is deemed ready)
- + 5-6 therapy groups per day
- + 1 hour/week individual therapy
- + 1 hour/week of family or couples therapy (not required but recommended)
- + Weekly appointments with a dietitian
- + Weekly Appointments with a psychiatrist
- + Weight and vital signs obtained 3 times/week

6 Hour PHP includes:

- + 2 meals and 1-2 snacks per day
- + Restaurant outings (once patient is deemed ready)
- + 2-4 therapy groups per day
- + 1 hour/week individual therapy
- + 1 hour/week of family or couples therapy (not required but recommended)
- + Weekly appointments with a dietitian
- + Weekly Appointments with a psychiatrist
- + Weight and vital signs obtained 3 times/week

UC SAN DIEGO EATING DISORDERS CENTER

Contact us today for a free assessment, to schedule a talk for your clinic or school, and/or to learn more about our services and programs.



eatingdisorders.ucsd.edu



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GROUPS

Carers | Parents, significant others, and friends are so influential in our lives and have the potential to be tremendous assets in recovery. However, many of our loved ones don't know how to help - or try to support us in ways that actually aren't very helpful. In order to be our greatest allies, they need to be armed with the proper knowledge, skills, and support.

TFAM | A three hour multi-family group held weekly for families with young adults to navigate age appropriate supports. Group components include: neurobiological education, support person training, multi-family dinner, medical education, and dietary education. This is a closed group that runs once weekly for six weeks.

Biofeedback | Biofeedback is a group that allows patients to learn a diaphragmatic breathing technique that is designed to bring balance to the nervous system and is an effective tool for regulating emotions. As a result we strengthen the body's ability to slow down and recover from stress, anxiety, fear and other dysregulating emotions. Patients participate in the 4 week group with one 45 minute session each week where they use sensors and a computer system to learn to control their breathing and heart rate to reduce stress and anxiety.

COD | The Co-Occurring Disorders (COD) track is a specialized approach to address the needs of individuals struggling with substance use and an eating disorder. Individuals in our COD track will attend daily evidence-based groups such as Cognitive Behavioral Therapy for Addiction, Relapse Prevention, Seeking Safety, and Psychoeducation using a Dialectical Abstinence Model which is consistent with our clinic-wide DBT approach. Each patient in this track receives individualized substance use treatment and toxicology testing on-site.

RO DBT | Radically Open Dialectic Behavioral Therapy (RO DBT) is a new behavioral treatment with growing efficacy that targets neural substrates associated with over-controlled behavior using both behavioral and cognitive strategies. This therapeutic approach is used to treat rigid responses and emotional inhibition thought to underlie many treatment resistant conditions, including Anorexia Nervosa.

Trauma | We provide evidence-based trauma treatments. Prolonged Exposure (PE) is a behavioral treatment that builds off of DBT. In this therapy individual patients to utilize imaginal and in vivo exposures to work through symptoms of PTSD. Cognitive Processing Therapy (CPT) is a closed group for patients who have PTSD symptoms. CPT focuses on the impact that trauma has on our beliefs about ourselves and the world. Through examining beliefs in a group format, patients gain a deep sense of feeling understood by others with similar experiences while being encouraged to challenge the validity of their beliefs.

Athlete Track | A subset of groups designed to treat the specific needs of athletes with eating disorders. A dedicated team of trained clinicians assists each patient in meeting their athletic goals while working toward recovery from their eating disorders. We are working toward re-integrating into sport and exercise with refuel prescriptions. We recognize that recovery and being an athlete is a difficult balance to strike and our goal is to help each patient identify what part of their athleticism is eating disorder driven versus for their health and athletic abilities to move mindsets toward lasting recovery.

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