



Center For Discovery is committed to keeping clients, families, and treatment providers involved throughout treatment and recovery.

HIPAA Compliant

Free Online Courses

Treatment Progress Reports Anytime, Anywhere

Research and Outcomes Online Recovery Support



DISCOVERY IN RECOVERY on the go!

Food Diary

- Track Meals/Hunger/Fullness
- Set Goals/Work on Intuitive Eating

Inspiration

- Daily Inspiring Quotes
- Extra Support
- Make Commitments

Find Balance

- Yummy Recipes
- Joyful Movement
- Grocery List

Community

- Free Support Groups
- Discovery Nation
- Ask A Dietitian



Locations

CALIFORNIA Bay Area

Adult Residential

Beverly Hills

Adult & Adolescent PHP | IOP

Danville

Adolescent Residential

Del Mar

Adult Residential
Adult & Adolescent PHP | IOP

La Habra

Adolescent Residential

La Jolla

Young Adult Residential

Lakewood

Adolescent Residential

Los Alamitos

Adult & Adolescent PHP | IOP

Menlo Park

Adolescent Residential

Newport Beach

Adult & Adolescent PHP | IOP

Pleasanton

Adult & Adolescent PHP | IOP

Rancho Palos Verdes

Adult Residential

Sacramento

Adult Residential

San Fernando Valley

Adult Residential

Woodland Hills

Adult & Adolescent PHP | IOP

CONNECTICUT Fairfield

Adult & Adolescent Residential

Greenwich

Adult & Adolescent IOP
Adolescent PHP

New Haven

Adolescent PHP | IOP

Southport

Adolescent Residential

FLORIDA Orlando

Adolescent Residential
Adult & Adolescent PHP | IOP

Tampa

Adult & Adolescent PHP | IOP

Palm Beach Gardens

Adult & Adolescent PHP | IOP

GEORGIA Atlanta

Adolescent Residential

ILLINOIS Chicago

Adolescent Residential

NEW JERSEY Bridgewater

Adult & Adolescent PHP | IOP

Paramus

Adult & Adolescent PHP | IOP

NEW YORK Hamptons

Adolescent Residential

OREGON Portland

Adult & Adolescent PHP | IOP

TEXAS Dallas

Adolescent Residential
Adult & Adolescent PHP | IOP

Houston

Adolescent Residential
Adult & Adolescent PHP | IOP

VIRGINIA Alexandria

Adult Residential

Fairfax

Adolescent Residential

McClean

Adult Residential

WASHINGTON Bellevue

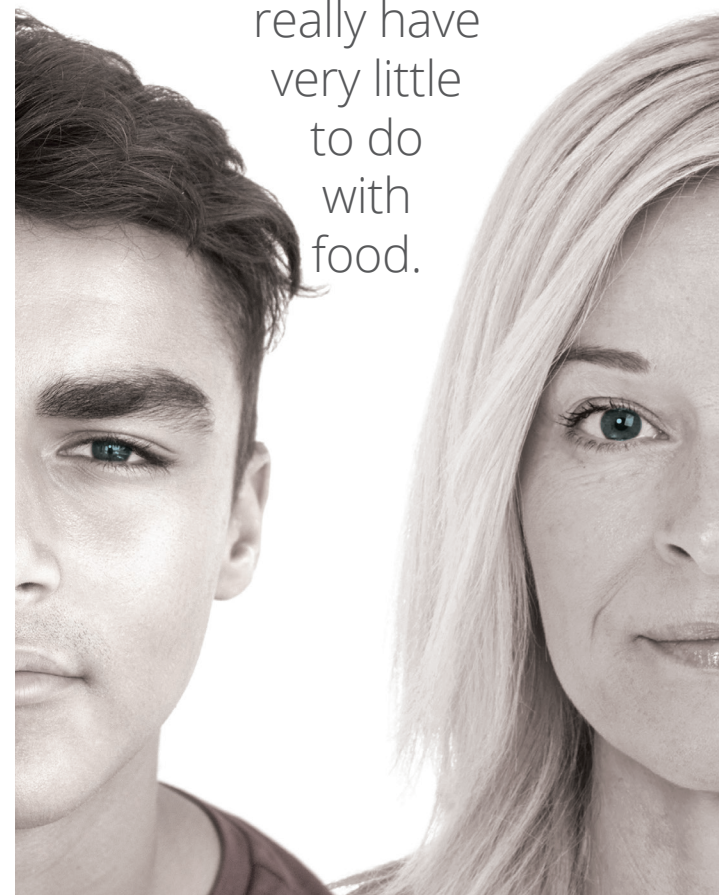
Adult Residential
Adult & Adolescent PHP | IOP

Edmonds

Adolescent Residential

OUTPATIENT EATING DISORDER TREATMENT

Eating disorders really have very little to do with food.



Discover why

866.480.3475

www.CenterForDiscoveryOutpatient.com

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CENTER FOR DISCOVERY®
Transforming Lives

Discovery Difference

Co-Occurring Conditions

Individualized and evidenced-based approach to treating underlying and co-occurring trauma, depression, anxiety, self-harm, and substance abuse.

Certified Eating Disorder Specialists

Every program is under the supervision of one of our many CEDS Supervisors and CEDRD Supervisors who each have an average of 12 – 15 years of experience treating eating disorders.

Age-Specific Treatment

Broad clinical continuum with separate programming specifically designed to meet the biological, psychological, and social needs of adolescents and adults.

Flexible Programming

Treatment is offered Monday through Saturday to provide every opportunity for therapeutic engagement.

Clients Continue Care with Outpatient Providers

Clients are encouraged to maintain their existing therapeutic and dietary relationships during their treatment at Discovery.

Comprehensive Clinical Program

Broad clinical continuum with separate programming specifically designed to meet the biological, psychological, and social needs of adolescents and adults.

Free Ongoing Support

Center For Discovery's Support in Recovery (SIR) program offers free, weekly support groups *open to the public* for anyone struggling with an eating disorder and for loved ones.

Clinical Program

Transforming Trauma

Providing a framework for deeper individual trauma work, clients create safety within themselves and their peer group by Eye Movement Desensitization Reprocessing (EMDR), Trauma Focused CBT, and the Trauma Resiliency Model provided (TRM) by TRM trained therapists.

Recovery Protection

Relapse prevention is vital to sustain gains made in treatment as outpatient clients transition to lower levels of support with their team. programs include ACT Therapy, family and client tailored psycho-education, inspirational documentaries, discharge planning, and our secure online communication portal, Discovery Connect, as a recipe for sustainable recovery.

Customized Dietary Program

A three phase dietary system enhances each client's level of self-mastery over their meal plan and promotes intuitive eating as a dietary goal.

Our Exposure Response Prevention dietary experience includes meal preparation support, food science nutrition groups, ERP snacks, one-on-one dietary sessions, and meal planning.

Comprehensive Family Program

Weekly, three-hour family education, therapeutic meal, and multi-family process group. In addition, clients receive weekly family therapy sessions and support groups. The family is never to blame for an eating disorder, they are a crucial part of treatment and the road to recovery.

Why Discovery?

20-Year Legacy of Clinical Excellence

Evidenced-Based Practice for Eating Disorders

Family-Centered Care

In-Network with All Major Insurance Companies

Free Confidential Assessments

Nationwide Locations

Joint Commission Accredited



Clients can continue care with outpatient providers