

Treatment Program for Observant Jewish Women



Our goal is to help every woman with an eating disorder recognize her symptoms, have a safe place for treatment, and return to the community in a healthy state. The Renfrew Center emphasizes the importance of working within clients' cultural-religious frameworks. Renfrew therapists are sensitive to the customs and practices of Orthodox Judaism.

Topics for Group Discussion May Include

Self-Esteem (Bishvili Nivra Ha'Olam)

This group focuses on enhancing the individual's belief in her worthiness and ability to participate in life to its fullest. Issues may include: accepting one's self-worth, acknowledging one's potential, and understanding the fears and insecurities that hold one back from moving on in life.

Dating and Marriage (Shidduch V'Zivuggim)

This group focuses on the joy of dating and relationships, as well as the concomitant stressors and anxieties that accompany these experiences. Issues may include: concerns about physical and emotional intimacy, the emotional impact of family and community influences, and uncomfortable feelings that arise from feelings of competitiveness toward others.

Body Image (HaGuf beMar'eh)

This group focuses on changing "black and white" thinking to "rainbow" thinking about one's body. Issues may include: the emotional impact of excessive body checking and excessive concerns about size and shape, the importance of physical health, and problems related to skewed media and cultural images and ideals.

My Voice (Sh'ma beKoli)

This group will focus on developing one's internal voice and nurturing/appreciating one's self in day-to-day life. Issues may include: finding the voice within your family, with friends, within your community and within yourself.

The Place of Food in Jewish Life

This group will focus on the mediating factor of family and how interactions with family members, which are inextricably linked to festive meals and Jewish food rituals, influence overall perceptions of eating and eating behaviors.

Meals

All program meals served at The Renfrew Centers are supplied either by vendors or catered by restaurants under the strict supervision of Orthodox Rabbis. All food is kept separate, all plates and eating utensils are disposable and all servicing pieces are clearly marked for kosher use only.

Multi-Family Group

Multi-Family Groups are central to the Renfrew treatment philosophy as we believe that the families and friends of the members of our community play a crucial role in their recovery. Therefore, we offer psycho-educational, and experiential groups where families, friends, and members of the community come together to learn and grow. We highly recommend attendance at these very informative groups.

Renfrew's Programs and Services

Residential: 24-hour nursing and medical supervision, traditional group therapy, individual therapy, experiential therapies, nutrition, meal support therapy, family therapy, aftercare planning.

Day Treatment Program: Traditional group therapy, art therapy, nutrition, meal support therapy, family therapy, weekly family support, aftercare planning. Program meets Monday – Friday (8:45AM - 2:30PM). Individual services are provided in addition to program groups and outside of program hours.

Intensive Outpatient Program: Traditional group therapy, art therapy, nutrition, meal support therapy, weekly family support, aftercare planning. Program meets three days a week (M-W-R) for 3 hours each day typically in the evening. Additional services are provided outside of group hours.

Individual Services: Individual therapy, family therapy, psychiatry, outpatient nutrition and outpatient groups are available by appointment with licensed clinicians.

The Renfrew Center counselors and therapists are familiar with the beliefs and values of the Orthodox Jewish community. They are available to liaison with family supports within the community such as rabbis or relatives who may be helpful to the patient's healing. Therapy will be provided by nutritionists and psychotherapists who understand the halahic requirements pertaining to kashrut and eating rituals.

If you or a loved one has an eating disorder, The Renfrew Center is the only treatment facility in the country with programming specifically geared toward observant Jewish women. All food is provided by a Glatt Kosher caterer and religious practice is respected.