

# Residential Treatment Program

*at The Renfrew Center*



## **An Intensive & Comprehensive Program**

The Residential Treatment Program is Renfrew's most comprehensive, structured, and intensive level of care, designed to help women struggling with eating disorders alleviate their symptoms and address their underlying issues.

The Residential Program creates a community, where each resident is encouraged to openly discuss her symptoms, struggles and successes in therapeutic groups and informal social interactions.

The nurturing treatment environment is designed to provide both the necessary structure and support to help residents stabilize medically, change their problematic behaviors and normalize their eating behaviors.

The program helps patients re-establish nutritional and physical health. By focusing on the reduction of eating disorder symptoms and behaviors, the program helps patients re-establish emotional stability.

Psychotherapy groups focus on topics such as assertiveness, family patterns and nutrition to help participants develop insights and enhance their adaptive coping skills. Thus, each woman is helped to understand her physical and psychological needs in order to facilitate her active participation in the recovery process, and as a result, is able to develop new relationships based on mutual sharing and support.

The program helps patients use their connection to the treatment team and the patient community to take the necessary risks to change their eating disorder symptoms. This two fold focus, connection and change, is a key characteristic of the Renfrew approach.

In addition to group therapy, individual and family therapy is also an integral part of the Residential Treatment Program. Our Multi-Family Groups provide further opportunities for family involvement.

Individualized treatment goals are developed in collaboration with a multidisciplinary treatment team and referring professionals, and experienced medical care is available on-site 24 hours a day.

## **Special Residential Treatment Tracks**

In addition to the multidisciplinary treatment that is a part of every woman's care, specialized treatment tracks within the Residential Treatment Program are available to address the specific needs of women suffering from compulsive overeating, trauma, and/or substance abuse disorders. Specialized tracks to address the developmental needs of adolescents and women in midlife are also offered.

**The Residential Treatment Program is offered at the following sites:**

The Renfrew Center of Philadelphia  
475 Spring Lane  
Philadelphia, PA 19128

The Renfrew Center of Florida  
7700 Renfrew Lane  
Coconut Creek, FL 33073