



THE RENFREW CENTER

Expert Eating Disorder Treatment

1-800-RENFREW (736-3739)

www.renfrewcenter.com



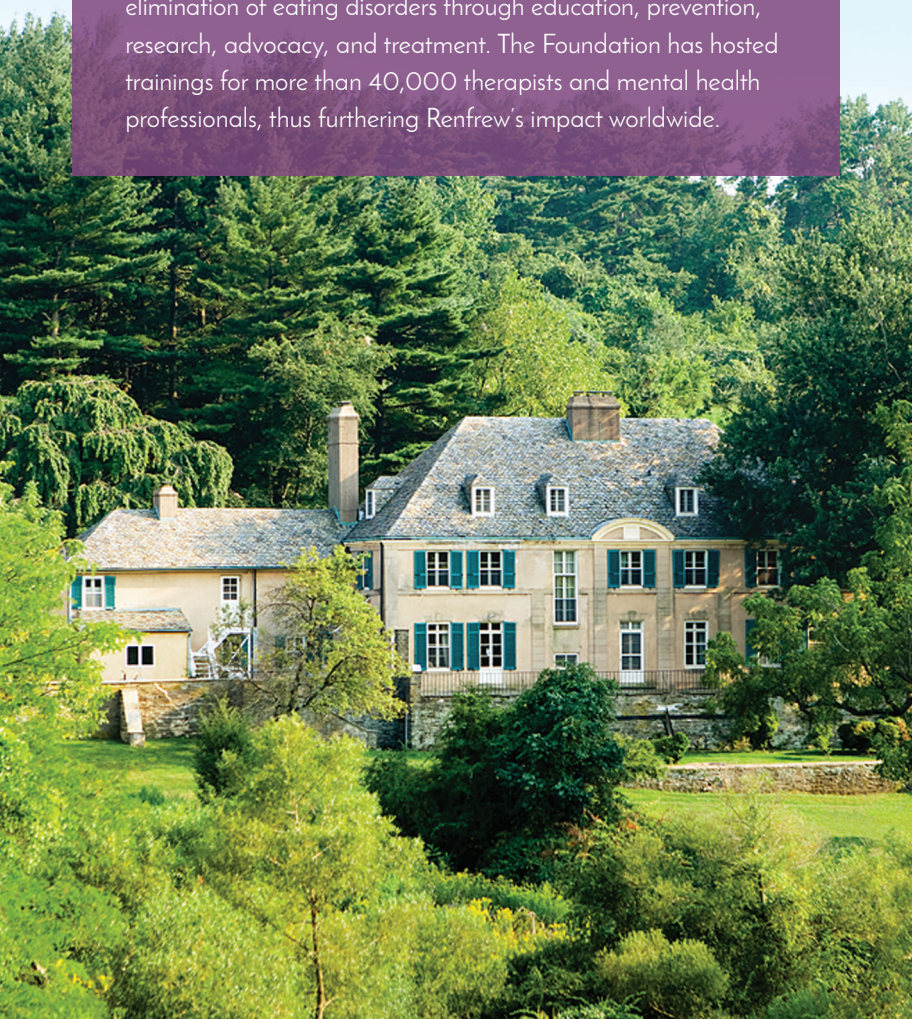
Paving the Road to Recovery

The Renfrew Center—renowned leader in the field of eating disorders—is committed to excellence in the treatment of individuals suffering from anorexia nervosa, bulimia nervosa, binge eating disorder, body image concerns, and related mental health issues. Through the use of a relational approach, our emotion-focused treatment model creates awareness of the issues that drive eating disorders. Using evidence-based treatment interventions, a multidisciplinary team helps promote psychological growth and sustained behavioral change.

About The Renfrew Center

The Renfrew Center has been the pioneer in the treatment of eating disorders since 1985 as the nation's first residential facility. Today, with 19 locations coast to coast, Renfrew continues to advance the field with services offered at all levels on the continuum of care, helping more than 85,000 adolescent girls, women, transgender, and non-binary individuals move towards recovery.

The Renfrew Center Foundation, the non-profit arm of The Renfrew Center, was established in 1990 and is dedicated to the elimination of eating disorders through education, prevention, research, advocacy, and treatment. The Foundation has hosted trainings for more than 40,000 therapists and mental health professionals, thus furthering Renfrew's impact worldwide.





Unified Treatment for Complex Disorders

The Renfrew Center Unified Treatment Model for Eating Disorders® is an evidence-based approach that addresses eating disorders and co-morbid symptoms. Throughout treatment, patients develop the strength and confidence to take back their lives by:

- Acknowledging the important interplay between emotion regulation (intra-personal factors) and authentic engagement in mutual relationships (interpersonal factors)
- Learning to courageously approach rather than avoid all emotional experiences, including painful and uncomfortable emotions
- Increasing emotional tolerance and psychological flexibility to decrease the need for maladaptive coping behaviors
- Building emotional competence, allowing for enhancement of self-empathy, self-efficacy and an ability to have meaningful relationships with others

Within this model we support and enhance individual and group therapy with a diverse array of services to meet patients' needs, including:

- **Nutrition Programs:** Helping patients normalize eating and build awareness of emotional experiences surrounding food through the use of a multi-stage nutrition approach
- **Family Services:** Offering therapy for every type of family, recognizing that family members, loved ones and significant others are crucial to the recovery process
- **Creative Arts:** Increasing patients' emotional self-awareness and providing a vehicle for self-expression through experiential modalities, such as art, journaling and dance/movement therapy

Seamless Transitions Through A Comprehensive Continuum of Care

The Renfrew Center's extensive range of services include Residential, Day Treatment, Intensive Outpatient, Outpatient, and Virtual Treatment. Patients are able to transition to the appropriate level of care in order to successfully reach their treatment goals. The Renfrew Center has contracts with most managed care companies for all levels of treatment and is a preferred provider for many insurance companies.

Treatment tracks are designed to meet the unique needs of each patient throughout all stages of the lifespan, with exclusive programming for adolescents and adults. A track is a specialized therapy path that is implemented alongside and in addition to the general treatment experience.



Tracks offered at The Renfrew Center include:

- **Trauma Track:** Programming is supported by an evidence-based approach for the treatment of trauma and PTSD. Treatment is delivered using a multi-staged model, from trauma-based psycho-education and skill development to exercises involving emotion exposure techniques.
- **Substance Use Track:** Programming provides education about the complex connection between eating disorders, substance use and compulsive behaviors. Using motivation, cognitive and emotion-focused behavioral techniques, this approach empowers group participants to take the necessary steps toward recovery.

Another significant component of the Renfrew experience is the wide array of free alumni services and resources, allowing each patient to receive ongoing support as they continue their recovery journey.

Expanding Cultural-Religious Considerations

The Renfrew Center's specialized treatment approach addresses the potential influences of many diversity issues and their impact upon eating disorders. Renfrew incorporates religious practice and observance into treatment for patients who find it central to their lives. Treatment strategies are designed to respect and explore aspects of ethnicity, gender identity and sexuality.

Environments that Support Healing

Renfrew's safe, friendly and homelike atmosphere promotes interpersonal connection. We reinforce a sense of community by helping patients recognize shared themes and struggles. The picturesque environment of The Renfrew Center's first residential campus, on a 27-acre wooded estate in Philadelphia, Pennsylvania, is a beautiful and peaceful place in which to recover. The power of nature and its open spaces was also valued in the development of The Renfrew Center of Florida, Renfrew's second residential campus, located on a lush, tropical 10-acre former horse farm near Boca Raton.

Support Close By

Collaboration among patients, clinicians, families, and loved ones has resulted in a growing network that delivers various levels of care close to home. The Renfrew Center offers the following services:



- Residential
- Day Treatment
- Intensive Outpatient
- Individual, Group, Family, and Couples Therapy
- Virtual Treatment
- Nutrition Consultation

Residential treatment provides 24-hour nursing care and physician availability, extensive psychiatric consultation, laboratory and pharmacy services, a full-time medical practitioner, non-acute medical services, and proximity to a local medical hospital emergency room for cases that require urgent medical care.

The Renfrew Center recognizes the important role of referring professionals. To this end, Renfrew staff stay in communication during treatment and work collaboratively to transition patient care upon discharge.

Reach Out

Healthcare professionals, patients and family members are invited to learn more about The Renfrew Center by calling **1-800-RENFREW (736-3739)** or visiting **www.renfrewcenter.com**.



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**Renfrew provides unparalleled care at 19 locations
throughout the United States, including:**

Atlanta, GA • Baltimore, MD • Bethesda, MD • Boston, MA
Charlotte, NC • Chicago, IL • Coconut Creek, FL • Los Angeles, CA
Mt. Laurel, NJ • Nashville, TN • New York, NY • Orlando, FL
Philadelphia, PA (Center City & Spring Lane) • Paramus, NJ
Pittsburgh, PA • Radnor, PA • West Palm Beach, FL • White Plains, NY