

The Renfrew Center Unified Treatment Model for Eating Disorders®

The Renfrew Center, internationally renowned leader and pioneer in the field of eating disorders since its founding in 1985, is committed to providing cutting edge treatment by combining decades of experience with the latest advances in emotion science research.

Eating Disorders are Disorders of Disconnection

The Unified Treatment Model integrates our relational approach with an evidence-based transdiagnostic model, designed to address the needs of a complex medical and psychiatric patient population.

We believe eating disorders arise from and are perpetuated by internal disconnection from one's own emotional experience, as well as relational disconnection from others.

- Our integrated treatment addresses the important interplay between emotion regulation (intra-personal factors) and authentic engagement in mutual relationships (interpersonal factors).
- Within an empathic relational context, patients learn to courageously approach, rather than avoid painful, anxious, uncomfortable emotions.
- As emotional tolerance and psychological flexibility increase, the need for maladaptive coping behaviors decreases.
- Building emotional competence allows for an enhancement of self-empathy, self-efficacy and one's capacity for interpersonal connection.

1-800-RENFREW (736-3739) • www.renfrewcenter.com

California • Florida • Georgia • Illinois • Maryland • Massachusetts
New Jersey • New York • North Carolina • Pennsylvania • Tennessee



Treating the Whole Person: A Transdiagnostic Approach

Our Unified Treatment Model addresses both the eating disorder and co-morbid symptoms by:

- Explicitly targeting core, maintaining factors of emotional dysregulation, intolerance and experiential avoidance.
- Building emotional and relational resilience through a set of coordinated group, individual and family interventions.

Components of the UT Model

- Motivation Enhancement & Psychoeducation
- Mindful Awareness of Emotion
- Cognitive Appraisal-Reappraisal Skills
- Emotion Exposures
 - Interoceptive (tolerance of physical sensation)
 - Nutrition/Food
 - Body Image
 - Social/Interpersonal



Integrated Treatment Modalities

Renfrew treatment providers share a common understanding of the emotional issues that are involved, and the steps it takes to recover. All disciplines, across all levels of care, are trained in the same treatment principles and interventions.

**Individual, Group, Family Therapy • Psychiatry • Nutrition Therapy
Creative Arts Therapies • Exposure Activities**

Renfrew's comprehensive range of services – which includes Residential, Day Treatment, Intensive Outpatient, Outpatient Services, and Virtual Treatment – is available at 19 locations throughout the country. The ability to transition from one level of care to another helps patients and families maximize insurance benefits and move effortlessly through our continuum of care.

