



THE RENFREW EXPERIENCE



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





IT ALL BEGINS HERE

Since its founding in 1985, The Renfrew Center has been the pioneer in eating disorder treatment and research. As the country's first residential facility, Renfrew provides adolescent girls, women, transgender, and non-binary individuals with the tools they need to succeed—in recovery and in life. Renfrew's estate-like residential settings have been welcome havens for over 100,000 patients from around the world and are now part of a growing network of locations throughout the country. With a consistent focus on offering the highest quality of services, Renfrew remains at the cutting-edge of the eating disorder field. Renfrew was the first treatment center to host a national conference on eating disorders and has trained more than 40,000 professionals over the years.

Renfrew is unique among treatment centers in the strength, breadth and coordination of its continuum of care, which supports patients well beyond their residential stay. Renfrew provides a comprehensive range of in-person and virtual services nationwide, including Residential Treatment, Day Treatment, Intensive Outpatient, and Outpatient Groups, all of which include Individual, Family and Couples Therapy. Renfrew@Home, virtual programming, is available throughout the country. The ability to transition from one level of care to another can also help patients and families maximize insurance benefits.

“Even after relocating to Southern California, I continue to refer clients to The Renfrew Center. I know that the treatment team at Renfrew considers the unique needs of my client and will collaborate with me throughout the entire process. I can count on Renfrew's commitment to helping clients transition back to their lives with support and continuity of care. This makes it worth the trip!”

LYNNE V. ROSEN, LCSW LOS ANGELES, CA



THE RENFREW TREATMENT MODEL

A UNIFIED APPROACH

The clinical leadership at Renfrew has successfully combined decades of experience with the most current research findings on eating disorders and emotional avoidance in order to create a unique, comprehensive treatment model. The integration of scientific research with our relational approach, which fosters growth through healthy relationships, is the foundation of The Renfrew Center Unified Treatment Model for Eating Disorders®. Our treatment focuses on building emotional awareness, flexibility and tolerance through coordinated group, individual and family therapies. By understanding the emotions that drive their disorders, patients learn to lean into and experience their emotions fully without falling back into their eating disorder symptoms. These skills nurture emotional and physical healing and promote recovery. To ensure a consistent, seamless approach at each Renfrew location, our clinicians receive in-depth training of the same treatment principles and interventions across all levels of care and disciplines. Because eating disorders are complex, Renfrew customizes all treatment plans to match the needs of each patient.

A PERSONALIZED PROGRAM

A skilled, multidisciplinary team of psychiatrists, physicians, psychologists, counselors, social workers, nutritionists, nurses, as well as other professionals—

Ongoing research conducted by The Renfrew Center Foundation is utilized to enhance the effectiveness of our treatment model and improve long term patient recovery outcomes.

such as art and dance-movement therapists, psychodramatists, occupational therapists, and exercise specialists—focus on helping individuals develop tools to address painful emotions and problematic symptoms. Ongoing research conducted by The Renfrew Center Foundation is utilized to enhance the effectiveness of our treatment model and improve long term patient recovery outcomes.



“I entered Renfrew after other eating disorder programs failed. Renfrew was quite different. I learned to use my voice instead of abusing my body to express myself. Others saw me as having worth and I learned to start seeing a glimpse of it in myself.

Today, I help other teens and women find their own paths to life, love, and peace.”

LORI L.
MELBOURNE, FL





“I knew from the moment I walked in that my life would finally change direction. With the support of the Renfrew community and staff, I was able to reconnect with my body in a healthy way, listen to my own inner voice, and find the strength to follow my dreams.

I am now working as an underwater photographer and have co-founded a foundation that helps bring the healing experience of swimming in the wild with dolphins to trauma survivors.”

LISA D.
KONA, HI

EXPERT CARE FOR EATING DISORDERS

COMMUNITIES BUILD CONFIDENCE

Every treatment program is different. Renfrew provides a unique experience, unmatched in our clinical approach and history of success as a leader in the field. Our patients are diverse in terms of symptoms, age and cultural experience. There are common themes woven into our patients' stories and profound differences that make each person's journey distinctive. The result is an ever-evolving community that provides patients with an opportunity to come together, share their experiences and help one another find the strength and confidence to take back their lives. Our residential facilities provide 24-hour medical care that allow individuals at different levels of recovery to engage in treatment together. Patients move seamlessly between programming based on their emotional and physical needs. In addition to eating disorders, Renfrew addresses issues that patients may experience such as trauma, self-harm and substance use.

WORKING TOGETHER, GROWING TOGETHER

Many individuals with eating disorders live in a world of silence and isolation. At The Renfrew Center, we help patients learn to form healthy relationships with their treatment team and one another as a way to build connection and create an environment for growth.

Renfrew provides a safe, therapeutic community that values each patient's feelings and understands the challenges involved in the recovery process.





“Renfrew is very supportive; they work with you and will fight for you; the staff will be involved every step of the way and will do everything they possibly can to get the insurance company to do what is necessary.”

What Renfrew does for these individuals is incredible. They learn to be independent, in control and true to themselves.

The multi-family sessions were a great help to all of us. We were able to hear how other families were coping with the treatment experience, and our daughter could hear what other parents were thinking and feeling.”

ROSEMARIE F.

MOTHER OF FORMER PATIENT
GLEN MILLS, PA





EATING DISORDERS AFFECT THE ENTIRE FAMILY

The Renfrew Center understands that loved ones can be a valuable source of support throughout the patient's stay and long after their return home. The goal of family participation is to offer insight and practical knowledge that can help in the recovery process – not to find fault or assign blame. Through family therapy sessions, multi-family discussion groups, family day, and consultations with the treatment team, family members play an integral part in the patient's care.

Families are supported in many ways, particularly with insurance and payment options. As a Joint Commission-accredited facility, Renfrew is a preferred provider for most leading health insurance and managed care companies throughout North America, and has a long record of advocating with insurance carriers on our patient's behalf. Renfrew is unique in having staff specialists who are experienced in working directly with insurers, and unlike many other treatment centers, are able to bill carriers directly for reimbursement of treatment at any level of care.





RECOVERY IS A JOURNEY

When patients leave Renfrew, it marks both an end and a beginning: a passage from learning and self-discovery to the application of these lessons to their everyday lives. To help ensure that this transition is successful, Renfrew works closely with referring therapists and other healthcare professionals to create a thorough, personalized aftercare plan. Another important component of the Renfrew experience is the extensive array of free alumni services and resources that allow patients to receive ongoing support as they continue their journey to lasting recovery.

**For more information about
The Renfrew Center's programs
and services, please call
1-800-RENFREW (736-3739)
or visit www.renfrewcenter.com.**







“For decades now, The Renfrew Center’s dedication to creating gender-sensitive specialized programs across the continuum of care and to the ongoing education of professionals has placed Renfrew on the cutting edge of eating disorders treatment.

As a clinician and activist, I am deeply grateful for Renfrew’s unwavering commitment to helping our patients become whole and healthy again and making the world a safer and better place for those suffering from eating disorders. Renfrew plays a unique role in our field.”

MARGO MAINE
PhD, FAED, CEDS



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Accredited by
The Joint Commission
Most Insurance Accepted
All Inquiries Confidential

In-Person Locations: California • Florida • Georgia • Illinois • Maryland • Massachusetts
New Jersey • New York • North Carolina • Pennsylvania • Tennessee

Renfrew@Home: Available throughout the country