

EATING DISORDER RECOVERY TEAM

A QUICK GUIDE THAT EXPLAINS WHO MAY BE A PART OF YOUR EATING DISORDER RECOVERY TEAM.



THERAPIST

An eating disorder therapist (that's us!) can diagnose and treat eating disorders and other mental health disorders. We have eating disorder therapists who also specialize in treating obsessive-compulsive disorder (OCD), anxiety and mood disorders. Our therapists will be able to dive into the "underlying issues" that may have manifested in eating disorder symptoms and behaviors.



RECOVERY COACH

A recovery coach (that's us!) can act as another layer of support for someone who is recovering from an eating disorder. Recovery coaching focuses on changing behaviors and building a life outside of your eating disorder. It encourages self-compassion, body positivity, and food freedom.



PHYSICIAN

A physician is also a crucial role in eating disorder recovery. A doctor will be able to run lab work and other tests to see if your body needs some support recovering from an eating disorder as well. A doctor can also refer you to specialists, such as a cardiologist or a gastroenterologist.



REGISTERED DIETITIAN

An eating disorder registered dietitian can also play an important role in eating disorder recovery. They can help develop meal plans, look over meal logs, and provide information on food and nutrition. Registered dietitians can also address your relationship with exercise/movement.



WHAT WE OFFER

- Eating Disorder Therapy in Rockville, Maryland.
- Virtual Therapy in VA, MD, NY, FL, D.C., and CA.
- Eating Disorder Recovery Coaching worldwide.

Book your free 15 min phone consultation to learn how we can work together ([click here](#))!



THE EATING DISORDER CENTER
EATING DISORDER THERAPY & RECOVERY COACHING

