



EATING DISORDER  
CENTER OF MONTANA

KIDS & FAMILIES PROGRAM  
for whole family healing

[www.edcmt.com](http://www.edcmt.com)

# SERVICES

*for patients ages 12-18 and their families*

## PSYCHOTHERAPY

Individual and family psychotherapies are a vital element of our in-depth and holistic treatment approach. Through weekly sessions with a psychotherapist, individuals and families are supported toward an increased understanding of their behavior patterns. Patients are guided through regulating their anxiety, resolving internal conflicts and addressing other factors contributing to their eating disorder symptoms.

## NUTRITION COUNSELING

Our registered dietitians provide patients the support necessary to intensely interrupt eating disorder behaviors at all levels of care. Our dietitians work alongside patients and their families to provide nutritionally sound, individualized meal plans to help patients create a relationship with food, free from judgmental thoughts. The registered dietitians also work collaboratively with the entire treatment team at EDCMT to provide customized support for each patient via meal support and food challenges, cooking classes, and nutrition education groups.



## MEDICAL AND PSYCHIATRIC SUPPORT

Our medical team is comprised of a psychiatrist: Dr. Joan Green and a team of registered nurses.

Medical management is an integral aspect of eating disorder treatment and a key component to successful recovery. Along with our therapists and dietitians, our medical team works closely with each patient and their primary care physician or pediatrician and collaborates with them from a specialized medical perspective.

A referral from a primary care physician or pediatrician is required for an adolescent to enter into care with EDCMT.



## OUR METHODOLOGY

Our clinicians use family based therapies to work with the patient and their caregivers to guide the recovery process. Treatment is focused on restructuring patterns of interaction around food, eating, and body image through individual therapy, nutrition and caregiver sessions--building skills to manage anxieties and creating opportunities for deeper day-to-day emotional connection.

# PROGRAMS

*for patients ages 12-18 and their families*

## OUTPATIENT PROGRAM

*Offered in Bozeman and Missoula*

For those who have stepped down from a higher level of care or for those needing focused support to aid in eating problems and other mental health issues.

- Weekly individual therapy
- Weekly nutrition counseling

## CAREGIVER SUPPORT AND EDUCATION PROGRAM

*For families of patients*

Twice weekly sessions to learn how to support your child through this healing process.

- Twice weekly sessions
- Virtual
- Required for at least one caregiver
- Required for 4 weeks, optional after



## TESTIMONIALS

"I cannot do this alone, and I refuse to go back to purging 15 times a day. I was convinced to my core I never would survive bulimia.... I'm coming up on one year of no bingeing or purging, and it's been nothing short of a miracle. I look forward to my time with my therapist every week. I look forward to the safe place I have with them and the space they give me to heal."



"EDCMT truly saved my life. The combination of individual therapy, nutritional services, and group therapy provided direct support, accountability, and a community with which I could share my struggles and successes. I would not have grown into the healthy individual I am today without it."

"At EDCMT you realize that no one suffers alone and that there is a way out of the pain you have felt for so long. Without the help of the intensive outpatient program, I would be in a very different place today. I am incredibly grateful for the people who guided my journey toward recovery."



"This journey is incredibly scary and difficult, but I know that with the EDCMT staff, I will always be supported and cared for no matter what comes my way."



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## REACH OUT TODAY

*We believe everyone struggling with an eating disorder deserves to have the help and support needed to recover.*

### PHONE

406.451.7370

### EMAIL

[info@edcmt.com](mailto:info@edcmt.com)

### VISIT

[www.edcmt.com](http://www.edcmt.com)

### LOCATIONS

Bozeman & Missoula

### FAX

406.571.7956

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