



EATING DISORDER
CENTER OF MONTANA



From the outside, many eating disorders may look alike. In truth, each condition affects people in unique and personal ways. Eating Disorder Center of Montana (EDCMT) is built on this understanding.

www.edcmontana.org

SERVICES

We treat all types of eating disorders and all genders.

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 anxiety regulation and resolving internal conflicts that may be a factor in maintaining their eating disorder symptoms.

GROUP THERAPY

Group therapies are led by licensed therapists and registered dietitians. These groups provide an inspiring, open and structured approach to helping patients understand the underlying causes and impacts of their eating disorders. Groups include sessions focused on (but are not limited to): psychoeducation, skills for anxiety regulation, therapeutic process, nutrition education, restaurant challenges, trauma sensitive yoga, art therapy, music therapy, and reflective writing.





MEDICAL AND PSYCHIATRIC SUPPORT

Our medical team is comprised of a psychiatrist and a team of registered nurse. Medical management is an integral aspect of eating disorder treatment and a key component to successful recovery. Along with therapists and dietitians, our medical team works closely with each patient to develop a treatment plan that includes a comprehensive understanding of each individual's medical and psychiatric symptoms to ensure successful recovery.

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, and nutrition education groups.

LODGING

Our spacious and attractive lodging facility for adults is fully furnished, providing an accommodation for out-of-town patients who need a place to stay during the course of their treatment.

PROGRAMS

Please contact us to set up an intake appointment, after which we will make a recommendation for the appropriate level of care.

DAY TREATMENT PROGRAM

Also known as our partial hospitalization program

Ages 16 and up - offered in-person in Bozeman

For those who need a higher level of care & consistent support.

- 5-7 hours per day, 7 days per week.
- 2x daily group therapy sessions.
- 2x daily dietitian-supervised meals.
- 2x weekly individual therapy.
- Weekly nutrition counseling.
- Daily medical supervision (vitals, labs, weights, etc.).
- Lodging available for out-of-town patients.

INTENSIVE OUTPATIENT PROGRAM

Ages 16 and up - offered virtually and in-person

For those who need focused support or are in school or hold a full-time job.

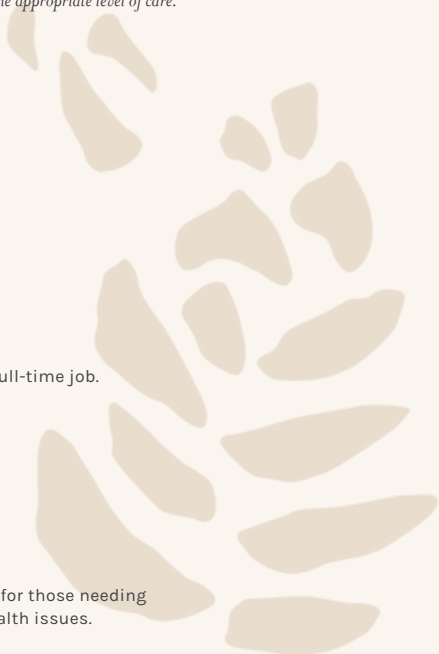
- 3-5 hours per day, 4 days per week.
- 3-5x weekly group therapy sessions.
- 3-5x weekly dietitian-supervised meals.
- Weekly individual therapy.
- Weekly nutrition counseling.

OUTPATIENT PROGRAM

Ages 12 and up - offered virtually and in-person

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.



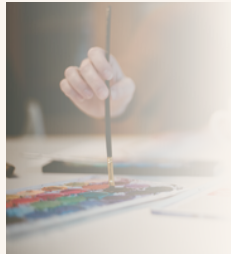
TESTIMONIALS

"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

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VISIT

www.edcmontana.org

LOCATIONS

Bozeman & virtually throughout Montana

MAILING ADDRESS

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Scan to learn more

