

# OUTPATIENT SERVICES

*Every Journey Begins with the First Step*

At TranscendED, we offer outpatient services to women and adolescent girls who do not need higher levels of care to manage eating disorder symptoms and/or symptoms caused by the eating disorder. Outpatient appointments take place in our facility in Matthews, NC and may include the following services:

- Individual / Couples / Family Therapy
- Nutrition Counseling
- Psychological Testing
- Group Therapy
- Individual Music Therapy

At TranscendED, we can help you along this journey to wellness by being present, safe, honest, and committed to developing a healing relationship with you.



The main goal of outpatient services is to support individuals who are able to maintain daily tasks and relationships without the eating disorder or its symptoms interfering.

Partial Hospitalization and Intensive Outpatient Programs for girls and women with eating disorders.

We believe you can TRANSCEND your eating disorder.

## MY VOICE MATTERS: A NEW GROUP FOR MALES AGES 13-22

*First Group for Only Males in the Area*

Beginning on **October 5th, 2015**, TranscendED is offering a new clinical and experiential therapy group for males ages 13-22. This group will utilize **narrative therapy** and **music therapy** approaches to assist clients in confronting, addressing, and processing disordered eating symptoms. If you'd like more information on this group, please contact us at **704.708.4605**.



704-708-4605

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

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