

# INTENSIVE OUTPATIENT

## *Facilitating Recovery at a Lower Level of Care*

Clients are recommended for our Intensive Outpatient Program (IOP) if they are medically stable, but require more support in recovering from their eating disorder than is available in traditional outpatient therapy. This programming allows clients to continue having a presence in work or school and also allows them to take advantage and strengthen existing social supports in their lives. IOP is also frequently used for clients stepping down from a higher level of care (such as Partial Hospitalization), allowing for both continuity of care and smooth and supported transition back into their daily lives. The program meets three evenings per week and includes a meal (dinner), followed by meal support therapy, and various group meetings and activities aimed at reducing the individual's eating disorder symptoms in a safe, group-supported environment.

At TranscendED, we support clients to build on their strengths, take positive risks, and explore new opportunities, with the goal of increasing the responsibility they take for their lives

A day in our Intensive Outpatient Program may look like this:

- 3:30pm - Cognitive Behavioral Therapy
- 4:30pm - Dinner
- 5:00pm - Meal Support Therapy
- 5:30pm - Music Therapy

A main goal of the recovery-oriented IOP is to provide additional support and services to individuals who are struggling with an eating disorder and could benefit greatly from group interaction, nutrition education, and or/ activities that complement their own individual therapy. In the IOP, we invite collaboration with each client's existing care providers, and encourage clients to continue seeing them throughout the duration of the program.



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

We believe you can TRANSCEND your eating disorder.



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

134 W. Matthews Street  
Matthews, NC 28105