



DEL MAR, CALIFORNIA

(888)481-4481

www.casapalmera.com

Eating Disorder Program

As one of the most unique treatment facilities in the nation, we offer hope to individuals and families needing immediate treatment.

Eating Disorder Treatment includes:

- Individual & Group Therapy
- Nutritional Counseling
- Medication Management
- Meal Support
- Intuitive Eating
- Body Image Analysis
- Exposure Response Prevention
- Bio/Neurofeedback with brain mapping
- Yoga
- Massage Therapy
- Acupuncture
- Meditation
- Ropes Course & Climbing Wall
- Fitness Center & Personal Training
- Art Therapy
- Intensive 3-day Family Program
- Relapse Prevention



The staff at Casa Palmera carefully evaluates each patient and develops a **personalized structured eating disorder treatment plan** according to the patient's unique

life circumstances. Each treatment plan includes personal medical and psychiatric services, individual & group therapy, and various holistic health modalities.

Our goal at Casa Palmera is to identify every facet of the presenting eating disorder. This will include addressing specific behaviors, personal body image, the potential for relapse, and the true medical nature of the disease and health complications it may cause. Our facility provides state-of-the-art, patient-centered treatment, in a safe and tranquil environment, which is conducive to healing both the mind and the body of the men and women who enter our treatment program.

Our eating disorder program requires a minimum stay of 45 days.

We are in network with a number of managed care insurance companies and we are able to work on an out-of-network basis with others. We look forward to welcoming you into Casa Palmera's healing environment.



Casa Palmera
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Del Mar, California 92014

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