

Douglas Institute  
Eating *Disorders*  
Program



SPECIALIZED SERVICES FOR ADULTS



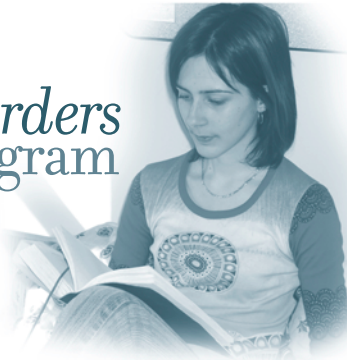
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# The Eating Disorders Program can help



Since its creation in 1986, the Eating Disorders Program (EDP) at the Douglas Institute has offered comprehensive, specialized clinical services for people suffering from Anorexia Nervosa, Bulimia Nervosa, and related eating disorders. The EDP is nationally and internationally recognized for the quality of its services, available to all people living in Quebec, who are 18 years of age and over.

The EDP also serves as a regional Eating Disorders Information Centre, and integrates clinical care, teaching, and research in order to provide treatments based on the latest scientific breakthroughs. As well, EDP staff offer expert consultation and training to community health-care professionals.



# The Nature of Eating Disorders

Anorexia and Bulimia Nervosa are complex syndromes, characterized by intense preoccupations with food, weight and body image, and abnormal behaviors around food (such as food refusal, recurrent binge eating, self-induced vomiting or laxative abuse). People with eating disorders often have mood, body image and behavioral problems. They also often exhibit low self-worth, depression, anxiety, impulsivity, and, sometimes, problems with drugs or alcohol. We understand such problems to reflect combined effects of life experiences, heredity, and the secondary effects of disturbed eating practices.

## Alone...

It is estimated that at least 3% of young women (aged 12-30) suffer from a full-blown eating disorder, while 10% or more suffer significant distress around eating, weight, and body image. These statistics do not take into account eating disorders occurring among older women, or in boys and men.

## You Are Not





## A Personalized Approach

At EDP, we understand eating disorders to result from diverse causes – some of them biological, some psychological, and some social – with a different balance of causes acting in each individual. In keeping with this concept, the EDP offers individualized treatments, always aimed at resolving problems around eating and weight control, but also dedicated to enhancing the overall physical, psychological and social well-being of each person seeking help.

The EDP clinical team is composed of healthcare professionals from various disciplines: medicine, nursing, nutrition, occupational therapy, psychiatry, psychology and social work.



## Services Offered

Treatments are designed to fit individual needs, and may involve one or more of the following:

### Out-Patient Clinic

The out-patient clinic offers a comprehensive range of services that can be adjusted to meet individual needs. Combinations of individual, family/couple, group, pharmacological and nutritional therapies are available.

### Day Program

The Day Program offers highly-structured, group-based treatment, most days of the week. The program addresses the needs of individuals requiring intensive care, provides a more structured environment than that offered in the out-patient clinic, and addresses eating problems and related psychological and behavioral issues. Day Program participants prepare and eat snacks and meals together.



## Day Hospital

The only one of its kind in Quebec, the Day Hospital is designed for people with severe eating disorders, who are still able to manage adequately without overnight supervision. Day Hospital treatment provides intensive therapy in a welcoming, therapeutic atmosphere. This treatment option is often suited to the needs of those leaving in-patient treatments or sometimes, it can avoid the need for hospitalization by providing an intensive, out-patient therapy option.

## In-Patient Unit

People with severe medical and psychological complications, or those for whom out-patient treatment is insufficient to resolve eating disorder symptoms, often benefit from full 24-hour hospitalization and intensive, specialized treatment. The EDP in-patient unit has six beds in a secure, warm, and comforting environment.

*Eating Disorders Program services are covered by Medicare.*

For more information or for a consultation,  
simply contact the

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Program**

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