

WHAT YOU CAN EXPECT IN OUR VIRTUAL IOP

-  Coverage by most **major commercial insurers**
-  Same proven treatment offered on-site **from the comfort of home**
-  **Specialized experienced care team** includes licensed therapist, registered dietitian,* consulting physician and care coordinator
-  **Group therapy sessions** with the **same small peer group** and clinical team provides sense of belonging
-  Extensive **family involvement**, education and support
-  Robust **alumni network and resources** available post-treatment
-  HIPAA-secure technology in a **safe, confidential environment**

**Eating disorder programs only*

“ Virtual IOP made intensive therapy feasible for our family. With other kids’ schedules to manage in the household, I don’t know how this could have worked if I’d had to drive to numerous in-person appointments. ”

- Tia, Parent of At Home Program Alumnus



“ There was a different element of connection... because it was virtual we became even closer...we got the opportunity to truly be welcomed into each other’s homes. ”

- Mackenzie, At Home Program Alumnus

LEARN MORE NOW

Scan Me!



Watch our video to learn more about how the programs work.

For a list of current programs and states, visit:
EatingRecovery.com/AtHome | PathlightBH.com/AtHome

Contact us today for a free assessment with a master’s-level clinician.
1-877-825-8584 • Fax: 425-974-1530

Most commercial insurance accepted

ERP-AHT3133 1/12/23



TAKE RECOVERY HOME

Virtual Intensive Outpatient Programs for Eating Disorders and Mood and Anxiety Disorders



PROVIDING HEALING SUPPORT WHERE AND WHEN YOU NEED IT THE MOST

Offering virtual intensive outpatient programs (IOP) since 2016, Eating Recovery and Pathlight At Home connects individuals with a specialized, experienced care team and small therapeutic online community.

ADULT PROGRAMS

- Eating Disorders Treatment
- Binge Eating Disorders Treatment
- Mood and Anxiety Disorders Treatment

CHILD & ADOLESCENT PROGRAMS (ages 12+)

- Eating Disorders Treatment
- Mood and Anxiety Disorders Treatment



Whether you are a busy student, working professional or do not live near a treatment center, virtual IOP provides the **convenience** and **flexibility** to meet you exactly where you are.

WHAT OUR PROGRAMS INCLUDE

- Three 3-hour weekly groups including:
 - ✓ Evidence-based skills focused groups (DBT, ACT, ERP, EFFT)
 - ✓ Process-oriented group therapy
 - ✓ Nutrition groups include mealtime support, cooking classes and group meals to provide structure and accountability*
- One weekly individual or family therapy session
- One weekly session with a registered dietitian*
- Recovery Record mobile app tracks food intake, thoughts, emotions and behaviors*
- Remote patient monitoring with numberless scale*
- Weekly peer, alumni and caregiver support groups

**Eating disorder programs only*

Through ongoing **connection** and intensive **support**, you'll learn to navigate life's stressors and build **resilience** in **everyday life**.

“By receiving treatment in a home setting, patients are able to specifically work on issues that come to the surface in a home environment, and in real time.”



Deborah Michel, PhD, CEDS-S, FAED (she/her/hers), National Clinical Director at Eating Recovery and Pathlight At Home

WHO WE ARE

Our expert, compassionate care team members:

- Are licensed and experienced in providing virtual treatment
- Have provided 400,000+ hours of individual, family and group therapy to 7,000+ virtual patients
- Have extensive training in telebehavioral health ethics and delivery
- Have contributed articles, publications and presentations nationwide on telebehavioral health

MEET OUR CARE TEAM

Scan Me!



Scan here to meet our virtual care team.