

DUKE EATING DISORDER PROGRAM DESCRIPTION OF SERVICES

Following the initial evaluation, potential clients of the Duke Eating Disorder Program are provided a feedback session. This session will provide recommendations about the intensity of care required based on the individual's needs. Below is a sample of some of the services offered with their respective fees. These fees are subject to change.

EATING DISORDERS INITIAL ASSESSMENT

The initial intake evaluation includes a psychological assessment, administration of assessment instruments, interpretation of assessment measures, and a feedback session with treatment plan. A medical evaluation is required as part of this initial assessment. However, medical services are billed separately with an individual's insurance company when available.

STANDARD TREATMENT

This package of services includes 4 individual psychotherapy sessions, 4 nutrition sessions, and weekly 90 minute parent training groups. The length of treatment will differ for each individual. Treatment needs will be evaluated on a monthly basis at the end of each treatment package.

INTENSIVE TREATMENT

For individuals who initially require more frequent psychotherapy visits we offer a more intensive therapy package. This includes two weekly individual therapy sessions over a 4-week period, 4 nutrition sessions, and a weekly parent training group.

STEP DOWN TREATMENT

For individuals who continue to demonstrate improvement in the severity of their illness, we offer a more graduated approach. This treatment module combines 4 weekly individual therapy session, 1 nutrition meeting, and weekly parent training groups.

Services are also offered as separate entities for the following:

Individual therapy plus nutrition services

Individual therapy without nutrition

Group therapy (groups of four)

Group therapy for individuals who are not receiving individual treatment within the Duke Program