



## Adult Binge Eating Disorder Intensive Outpatient Program (BED IOP)

Prosperity Eating Disorders and Wellness is now offering the very first specialized Binge Eating Disorder Intensive Outpatient Program in Virginia! This program is a gender inclusive, adults only, telehealth program that will be accessible to anyone in Virginia.

### Our Approach:

- Prosperity subscribes to the Health At Every Size<sup>®</sup> (HAES<sup>®</sup>) approach and an All Foods Fit model.
- Nutrition sessions focus on a 'non-diet' approach with an emphasis on building a long lasting, positive relationship with food
- Group therapy sessions consist of evidence-based approaches and are hosted in a safe, peaceful and encouraging environment. Our goal is to empower individuals to heal, thrive and live their lives victoriously.

### Program Details:

- Programming will run from 5pm to 8pm on Tuesdays, Wednesdays and Thursdays, and 11-2pm on Fridays.
- IOP includes weekly individual therapy and nutrition counseling with providers specializing in the treatment of binge eating disorder
- Group topics include: intuitive eating and nutrition education, joyful movement practices, body image, emotions and process, and empowered relationships

### Insurance and Registration:

- Prosperity is In-Network with **Aetna, Anthem, BCBS Federal, Healthkeepers, Tricare, Cigna, Carefirst & Beacon Health**. Single Case Agreements are negotiable with Optum, and United Healthcare
- Each participant must complete an intake assessment by both a Prosperity nutritionist and therapist prior to admission.
- For more information call: **703-466-5150**, or contact the Clinical Director Amy Taddeo at [AmyT@prosperityedwell.com](mailto:AmyT@prosperityedwell.com)

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## Prosperity Eating Disorders and Wellness

### Binge Eating Disorder IOP Schedule

	Tuesday	Wednesday	Thursday	Friday
5pm	Empowered Relationships	Emotions and Process	DBT	11am: Cooking Practice
6pm	Intuitive Eating Meal Support	Intuitive Eating Meal Support	Intuitive Eating Meal Support	12pm: Intuitive Eating Meal Support
7pm	Body Image	Yoga for Body Acceptance	Body Bio	1pm: Open Process Group

**Body Image:** This group allows clients to explore their relationships with their bodies in a safe, supportive, and body positive environment. This includes exploring past and present influences on body image development, the impact of weight stigma, and the connection between body image and self-acceptance.

**Empowered Relationships:** This group creates the opportunity for clients to explore their relationships with themselves and others as it relates to love, trust, patterns and fears. Relationships can be the greatest source of joy and pain in our lives, and the importance of social connectedness cannot be understated. In this group we discuss the ideal state of our relationships and explore thoughts, feelings and behaviors that facilitate or detract from healthy relationships.

**Emotions and Process:** This group provides clients with a safe, supportive environment to share and explore life events, emotions, and recent successes and challenges in recovery with one another. This group focuses specifically on exploring our emotional responses to the world around us, and sharing techniques to help us navigate them more effectively.

**Yoga for Body Acceptance:** This time is dedicated to mindfulness and joyful movement practices. These practices may vary week-by-week. All movement-based groups are suitable for all body shapes and sizes.

**Cooking Group:** This group discusses cooking techniques and experiences, as it relates to binge eating, and ways in which to address appropriate eating habits and nutrition when planning and preparing meals. Furthermore, tips and tools that are useful when eating disorder behaviors are present at meal time are addressed and advised.

**Body Bio:** This group allows clients to explore food myths and rules as well as discuss the role and expectation food plays in our lives. In this, education on food and the body are addressed.