

Welcome to Portland DBT Institute, and the Path to Mindful Eating (PME) program!

As a treatment team, PDBTI is committed to providing excellent care and wishes to assure all prospective and current clients and their existing treatment team that we will do our best to meet your treatment needs. In an effort to guarantee the physical safety of all potential clients with eating disorder behaviors:

1. Each client must notify their primary care physician that they are considering or already have been assessed at PDBTI for treatment of symptoms including eating disorder.
2. Their physician must submit (via fax:503-231-8153, attn: \_\_\_\_\_ (clinician) or Charlotte Thomas, manager of PME program) a written statement that client is medically stable and will be medically monitored with minimum monthly frequency while admitted to the PME program. Client must provide this statement on the first day of intake/assessment (or as designated by individual therapist) if not previously faxed directly by physician's office.
3. Additionally, PDBTI requires an initial report of the following tests for admission to the PME program (provided on the day of, or prior to, first date of contact):
  - CMP: Comprehensive Metabolic Profile
  - CBC with Diff: Complete Blood Count
  - Magnesium
  - Phosphorous
  - Orthostatic Vitals
  - EKG
4. In many cases, your physician may choose to include these tests as part of ongoing supervision of medical stability; these are strongly recommended for clients who engage in restriction or purging. These tests may be required by PDBTI depending on behavior and physical symptom severity.
5. Please request that your physician send appointment notes and labwork following each encounter. This can occur via a secure online communication system or fax.
6. *Clients who are admitted to the Eating Disorder IOP at PDBTI are expected to maintain regular appointments with their physicians; frequency may be established by your physician based on your medical stability and behaviors and is expected to be no less frequent than monthly. If you have a documented history of life threatening symptoms such as (but not limited to) cardiac arrhythmias, electrolyte imbalances, or orthostasis, frequency is strongly recommended to more frequent than monthly. The initial report of lab work and medical stability must occur within 1 week of starting the program.*

For further information about medical management of eating disorders, the Academy of Eating Disorders provides the following publication:

***Eating Disorders: Critical Points for Early Recognition and Medical Risk Management in the Care of Individuals with Eating Disorders*** <http://aedweb.org/web/downloads/Guide-English.pdf>

If you or your physician have any questions, you may contact: Charlotte Thomas, LCSW at 503-290-3277 or [cthomas@pdbti.org](mailto:cthomas@pdbti.org) or your assigned therapist.