



## Dialectical Behavior Therapy Eating Disorders Intensive Outpatient Program

*Currently delivered via telehealth and accepting new clients*

Portland DBT Institute (PDBTI) Eating Disorders Intensive Outpatient Program (ED-IOP) partners with adults and young adults struggling with recovery from eating disorders who need more support than traditional outpatient services can offer or who are transitioning from a higher level of care back to the community. Our services are now offered via telehealth using video conferencing. In collaboration with nationally recognized eating disorder experts, we have adapted our IOP for telehealth in a way that ensures fidelity to DBT and maintains best practices for the care of those with eating disorders.

### *Persons Who are a Good Fit for the PDBTI ED-IOP*

- Complex, severe, multi-diagnostic and/or a history of multiple unsuccessful attempts at standard ED treatments
- Meets criteria for one or more eating disorders: Anorexia, Bulimia, Binge Eating Disorder, Avoidant Restrictive Food Intake Disorder, ED-Other Specific Feeding/Eating Disorders
- 18 years or older
- Medically stable

**We accept individuals over the age of 18 who are medically stable enough for outpatient care and are in network with BCBS, Moda, Cigna, Pacific Source, CareOregon, Kaiser, Intercommunity Health Network CCO, and Providence (beginning January 2021).**

If you would like to **make a referral**, please contact our IOP Concierge, Lori Paxson, at (971) 339-3523 or [EDIOP@pdbti.org](mailto:EDIOP@pdbti.org).

### *What Makes Us Different from Other ED IOP Programs*

We treat **complex, severe multi-diagnostic** individuals with eating disorders, including those who are **suicidal**, engage in **self-harm** behaviors, and may also have borderline personality disorder (BPD). We are a full-fidelity DBT program certified by the DBT-Linehan Board of Certification and are led by DBT experts. We are accustomed to treating challenging behaviors – often those that have interfered with success in other ED programs.

### *We Are Comprehensive*

Our program runs Monday to Friday, 8am to noon (see the full schedule on the next page for daily structure details). The program schedule involves daily immersion into DBT skills, including skills rehearsal and generalization. Individuals in the program work closely with expert DBT clinicians in receiving DBT individual therapy and DBT skills training as well as with medication management and nutrition support. Individual therapists are available to ED IOP clients 24 hours per day, 7 days a week for skills coaching in order to ensure that skills are useful in the outside world.

### *We Are Experts*

PDBTI is one of only 22 clinics in the world (and the only outpatient clinic in Oregon) certified by the DBT-Linehan Board of Certification to deliver DBT in a manner faithful to evidence-based practices. We walk the walk: We offer all components of DBT, staff are highly trained, and we provide extensive supervision and training to ensure the quality of our services. We have demonstrated excellence in clinical outcomes and in helping individuals build the life worth living they are seeking.

**If you have questions about our program or would like to discuss whether it may be a fit for one of your clients, we welcome your email to [EDIOP@pdbti.org](mailto:EDIOP@pdbti.org). You may also call our IOP Concierge, Lori Paxson, at (971) 339-3523**



## Eating Disorders Intensive Outpatient Program (ED-IOP)

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:00AM - 8:45AM	Breakfast 8:00AM - 8:30AM	Breakfast 8:00AM - 8:45AM	Breakfast 8:00AM - 8:30AM	Breakfast 8:00AM - 8:45AM
Mindfulness 8:45AM - 9:00AM	Mindfulness 8:30AM - 8:45AM	Mindfulness 8:45AM - 9:00AM	Mindfulness 8:30AM - 8:45AM	Mindfulness 8:45AM - 9:00AM
Target Group 9:00AM - 9:45AM	Target Group 8:45AM - 9:30AM	Target Group 9:00AM - 9:45AM	Target Group 8:45AM - 9:30AM	Target Group 9:00AM - 9:45AM
Break 9:45AM - 10:00AM	Break 9:30AM - 9:45AM	Break 9:45AM - 10:00AM	Break 9:30AM - 9:45AM	Break 9:45AM - 10:00AM
Nutrition Group 10:00AM - 11:00AM	Skills Group 9:45AM - 11:15AM	Behavior Chain Group 10:00AM - 11:00AM	Skills Group 9:45AM - 11:15AM	Skills Acquisition Group 10:00AM - 11:00AM
Lunch 11:00AM - 12:00PM	Lunch 11:15AM - 12:00PM	Lunch 11:00AM - 12:00PM	Lunch 11:15AM - 12:00PM	Lunch 11:00AM - 12:00PM



# Eating Disorder Intensive Outpatient Program (ED-IOP) Group Offerings

## **Breakfast and Lunch**

Clients participate in 2 therapeutic meals per treatment day. Coaching in use of DBT skills is available throughout mealtime.

## **Mindfulness**

Mindfulness, the core set of behavioral skills in DBT, is what allows us to be awake and present in all moments. Mindful eating is a key component of DBT for eating disorders and is practiced during the breakfast meal.

## **Target Group**

Clients brainstorm skills and strategies they will use to meet daily behavioral goals. If goals from the previous day are unmet, group leaders help identify and solve what got in the way.

## **DBT Skills Training**

Clients learn and practice DBT skills for regulating their emotions, managing their distress, and improving their relationships. Clients review homework completed outside of the ED-IOP and share real-life examples. DBT skills are taught with an emphasis on eating disorder behavior and recovery.

## **Nutrition Group**

Psychoeducation group provided by one of our dietitians. Topics include the science of nutrition, body acceptance, intuitive eating, and meal preparation.

## **Behavior Chain Analysis Group**

Group members take turns presenting their own behavioral assessments of difficult or problematic situations. Clients then have the opportunity to participate in generating effective solutions to those problems they identify.

## **Skills Acquisition Group**

Offered once per week, Skills Acquisition Group focuses on a more in-depth study of skills taught during the week. Clients are invited to practice and lead mindfulness exercises.