

Acadia Hospital Outpatient Psychotherapy for Eating Disorders

Acadia Hospital is pleased to be offering outpatient psychotherapy geared specifically to help individuals struggling with eating disorders or eating issues that greatly affect their daily lives.

Treatment options include: individual, family, and group therapies or a combination of these options. While our treatment team works with individuals of all ages for individual and family therapy, the group offering is designed specifically for participants aged 18 or older. Topics such as Cognitive-Behavioral (CBT) skills, health and wellness, self-care, strategies for dealing with thoughts and impulses that lead to unhealthy eating behaviors, and education around nutrition and psychiatric conditions that can affect recovery are explored in this group setting. Participants in the group may be expected to bring a meal to be eaten during a supported meal time. Participants need to be medically stable and will continue with their outpatient treatment team while attending the group. The group is not in lieu of someone requiring a higher level of care.

The group is co-facilitated by both a Licensed Clinical Social Worker (LCSW) and a Certified Eating Disorder Registered Dietician (CEDRD). Many insurances (including MaineCare and MediCare) are accepted. Prospective group members are encouraged to contact their insurance provider(s) for information regarding coverage and/or co-pays.

For questions and to find out the group's meeting schedule please contact Sara Porter, LCSW at 207-973-6504 or send her an email at seporter2@emhs.org. To schedule an appointment for an assessment, please contact Acadia's Access Center at 207-973-6048.