



Comprehensive Outpatient Program for Eating Disorders at AC4W

# Comprehensive Outpatient Program for Eating Disorders (COPE™) at Atlanta Center for Wellness

The Comprehensive Outpatient Program for Eating Disorders (COPE™) at Atlanta Center for Wellness (AC4W) is a new intermediate level of care which combines integrative and healing approaches to the treatment of Eating Disorders. COPE™ would be appropriate for individuals who need more support than typical once a week outpatient care, individuals stepping down from intensive outpatient care or other higher levels of care, as well as individuals who are new to the therapeutic process and are in a stage of discernment about treatment options.

The program is an “a la carte” system of treatment where individuals can choose from a variety of group modalities and customize frequency to best support their stabilization and recovery from eating disorder symptoms. The individual may choose one or all of the groups during the week, thus receiving treatment that serves their unique treatment, scheduling, and financial needs. The program offerings will vary as needs in the community and population change.

\*Please check the website for the most up to date schedule and offerings.

The initial COPE™ schedule will be Meal Recovery Group from 5:15-6:15 on Monday, Tuesday, Wednesday and Thursday, followed by either a process group, skills group, meditation, and/or Body Acceptance Group (1 hour in duration). Meal groups on Tuesday and Thursday will be led by a registered dietician. The meal support group on Monday will be led by a licensed therapist. On Wednesdays, programming will start at 1:30 p.m. The fee for groups is \$75.00 per group. Individual, family, nutrition, and psychiatry appointments will be offered through AC4W unless you already have an established outpatient team, in which case we will collaborate with that team. If providers are seen at AC4W, fees are determined by each one.

### The full COPE™ program could include:

7+ hours of group therapy each week

1-2 60 minute sessions of individual therapy and 1+ family therapy session each week

1+ 60 minute nutrition therapy each week with numerous meal support opportunities per week

Medication evaluation and management with a psychiatrist or psychiatric nurse practitioner

ANAD support group- no group fee

FED loved ones support group- no group fee

If you are interested in participation in the COPE™ at AC4W or have questions regarding our programming please call Atlanta Center for Wellness at (404) 343-4162 or visit our website at [www.atlantacenterforwellness.com](http://www.atlantacenterforwellness.com) for information or to schedule an evaluation.

Eating Disorder Specialty Staff at AC4W who will be participating in the COPE™ program at AC4W:



Anne Moore, PsyD



Christine Engstrom, MS, RDN, LDN, CEDRD-S



Ephrat Lipton, LCSW, BCD, CEDS



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