

Binge Eating Disorder Treatment Program



**Nourishing
Success**

The journey forward begins here.

At EDCare, we are committed to giving our patients the tools they need to regain control of their lives and sustain long-term success. Our unique approach to evidence-based care is highly personalized and helps patients regain health through **CAMSA**[®]: **c**onnection, **A**cceptance, **M**indfulness, a **S**ense of Self, and **A**ction – the foundations of true empowerment.



More than
3 million
people and their
families suffer from
Binge Eating
Disorder (BED).

Binge Eating Disorder is not about making bad choices or a lack of control, it is about a mental illness and physical imbalances. The good news is: Proven therapies exist and recovery is possible!

BED vs. overeating... what's the difference?

People with BED have repeated episodes of consuming large quantities of food, followed by distress, guilt, and shame.

Signs of BED often include:

- Recurring episodes of uncontrollable eating
- Consumption of abnormally large quantities of food, faster than normal
- Eating large quantities until uncomfortably full, even when not hungry
- Feeling depressed, guilty, or disgusted with oneself after overeating
- Eating in isolation because of embarrassment
- Impact on work, life, and relationships, further isolating the individual

Achieve long-term recovery:

- Recognize and stop binge eating episodes
- Improve attitudes about body size, shape and weight
- Create meaningful goals beyond weight
- Establish intuitive eating patterns and engage in mindful movement
- Assess and clarify values
- Treat associated psychiatric impairment

EDCare Treatment Strategies:

- Dialectical Behavioral Therapy (DBT)
- Cognitive Behavioral Therapy – Enhanced (CBT-E)
- Acceptance and Commitment Therapy (ACT)
- Group Therapy
- Art Therapy
- Movement Therapy
- Nutritional Counseling



EDCare Omaha now offers a unique 10-week Binge Eating Disorder treatment program.

Feeling out of control when you're eating is not a lack of will power. Through normalizing eating and exploring the insights necessary to empower change, our 10-week BED treatment program gives individuals the tools they need to achieve lasting recovery.

This program is held Monday through Friday from 10:00 am – 2:30 pm for 10 consecutive weeks.



About EDCare:

As one of the nation's foremost centers for the diagnosis and treatment of eating disorders, EDCare offers patients, their families, health-care professionals and the community over 19 years of eating disorder experience.

Why Choose EDCare?

- Most insurances accepted
- Gender inclusive
- Compassionate, multidisciplinary treatment team

Find out if this program is right for you!

Contact our admissions team to schedule a free, confidential assessment. Call **(402) 408-0294** or visit us online.



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www.eatingdisorder.care