

## HEALTH ALERT: Important Coronavirus Update

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*WHAT WE TREAT*

*Many of our patients come to us after struggling with their eating behavior for long periods of time and often after several attempts at treatment. Most come to Reasons saying this is the last chance they have or the only chance they have because this struggle has been a part of their life for so long. Perhaps we are wildly optimistic, but we do not believe it is ever too late to try. No matter how many times you have tried, it is never too late to try again.*

## Eating Disorder Treatment at Reasons

At Reasons Eating Disorder Center we work with adult and adolescent women and men (<https://reasonsedc.com//males-and-eating-disorders/>) who are living with Anorexia, Bulimia, Binge Eating Disorder, and Other Specified Feeding or Eating Disorder. Over the course of the eating disorder it is common to see other behaviors manifest once the eating behavior is no longer as effective, which are often referred to as “co-occurring” and are most often manifested as substance abuse, self-injury, and unhealthy interpersonal dynamics.

Additionally, we welcome patients with co-occurring issues such as anxiety, depression, bipolar, borderline personality



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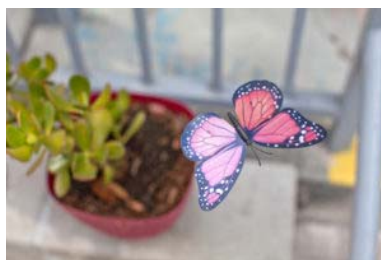
disorder, PTSD or a trauma history, substance abuse, self-injury, social phobias and obsessive-compulsive disorder.

The treatment is provided by *dedicated and experienced professionals* (<https://reasonsedc.com//our-team/>) who participate in ongoing trainings to uphold the highest standards of care. We provide individual therapy with a therapist that we match to the patient based on his or her needs from the information we gather at during the admissions process. We offer a comprehensive menu of process oriented, behavioral and didactic groups, in conjunction with a full range of somatic and experiential therapies (<https://reasonsedc.com//somatic-and-experiential-therapies/>) to work toward integrating the whole person.

## Understanding Eating Disorders

If you are seeking treatment for yourself or a loved one, you can learn more here about common eating disorders and the various struggles that we address at Reasons.

### Anorexia Nervosa



Reasons Eating Disorder Center provides compassionate care for this serious and complex psychiatric illness. Our view of why a person develops and eating disorder is multifaceted, based on genetic predisposition, temperament and environment. Anorexia is not dieting gone awry; rather we view it as a layering of anxiety and seeking an external means of soothing discomfort. To learn more about our understanding of eating disorders as anxiety disorders and our treatment protocols [click here \(https://reasonsedc.com//exposure-response-prevention/\)](https://reasonsedc.com//exposure-response-prevention/).

Signs of Anorexia Nervosa are characterized by:

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- Severe restriction of calories and fluids
- Following a severely limited diet
- Excessive or rapid weight loss
- Use of laxatives, diuretics, compulsive exercise, or vomiting
- Intense, frequent, and long periods of exercise
- Constant intrusive thoughts about weight and food
- Fear of eating socially
- Rituals around eating, weight, exercise, and food preparation
- Isolation from family and friends
- Lack of interest in relationships and activities
- Body hatred and body image distortion

It is important to note that the behaviors may look different from person to person and throughout the life of the illness behaviors will take different forms. [For a comprehensive and complimentary assessment or to get more information, please contact our Admissions team.](#)

[\(https://reasonsedc.com//admissions/\)](https://reasonsedc.com//admissions/)

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## Bulimia Nervosa

Reasons Eating Disorder Center takes a unique perspective on treating individuals with Bulimia Nervosa. We work closely with each patient to understand the meaning and complexity of the bingeing and purging. We actively support patients in bridging the gap between what they know about the medical danger of purging and engagement with the behavior. Our clinical staff is trained to



effectively create safety and containment for our patients while challenging the individual suffering to access internal resources to discontinue this life threatening behavior. We work with the our patients to develop an understanding of the deeper emotional meaning that the behavior serves in order to empower he or she to let the behavior go and make room for meaningful relationships and life experiences. To learn more about how we use Dialectical Behavior Therapy to treat Bulimia, [click here \(https://reasonsedc.com//dialectical-behavior-therapy/\)](https://reasonsedc.com//dialectical-behavior-therapy/).

Signs of Bulimia Nervosa are characterized by:

- Feeling of uncontrolled eating outside of hunger
- Pattern of eating to the point of pain or far past fullness
- Vomiting or use of laxatives, diet pills, or diuretics
- Exercise to compensate for eating
- Intense, frequent, and long periods of exercise
- Hiding or hoarding food
- Fear of eating socially
- Distorted perception of body weight and shape
- Loss of interest in activities and relationships that were once meaningful
- Isolation and hopelessness
- Periods of starvation and severe calorie restriction

Bulimia Nervosa is a life threatening illness that has a high mortality rate due to the stress on the heart and organ systems. Often this illness goes undetected due to the person struggling eating around friends and family and appearing to be in a normal weight range. It is important to seek an assessment as soon as possible if you or someone you know is struggling. [For a comprehensive and complimentary assessment or to get more information, please contact our Admissions team. \(https://reasonsedc.com//admissions/\)](https://reasonsedc.com//admissions/)

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## **Binge Eating Disorder**

Reasons Eating Disorder Center offers treatment for Binge Eating Disorder (BED) as part of our complete continuum of care. BED is highly complex and until recently has been a challenge to have



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acknowledged as a disorder in eating pattern, not simply about weight. BED is a means to manage anxiety and distress by utilizing food to numb painful emotions. It is important to note that we view each patient coming in as requiring nutritional rehabilitation, regardless of weight.

To learn more about our nutrition approach, [click here \(https://reasonsedc.com/nutrition-philosophy/\)](https://reasonsedc.com/nutrition-philosophy/).

Signs of Binge Eating Disorder characterized by:

- Eating past the point of fullness to the point of physical discomfort
- Eating at a rapid pace
- Eating in secret or hiding that food has been consumed
- Obsessive thinking or talking about food
- Intense focus on body weight, shape, and appearance
- Eating substantial portions of food or snacks even when not hungry
- Spending extraordinary amounts of money on food and groceries
- Stealing or hoarding food
- Distress and constant focus on body dissatisfaction and distorted image of self
- Ritualistic eating and exercise patterns

Often those struggling with BED have histories of repeated dieting with weight gain after, often gaining more than they lost. They are adept at knowing what current diet fads are and what the newest exercise regimens are, they however feel they have failed over and over again with these methods. What we at Reasons want you to know is that you have not failed these diet programs; however they have failed you. Diets and exercise programs do not address the internal experience

that the eating patterns are temporarily soothing, instead they are setting you up to need them again. We hope to help you see that you are more than your weight and relationship with food. For a comprehensive and complimentary assessment or to get more information, please contact our Admissions team. (<https://reasonsedc.com//admissions/>)

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## Co-Occurring Disorders

At Reasons we work toward assisting each person with having a deeper understanding of the purpose the eating disorder serves in their life. We see the development of disordered eating through the lens of anxiety, as means to manage intense emotions and stressful life events. Much of the work we do focuses on learning to understand and challenge anxiety and the patterns of behavior that have become linked to the feelings of fear or panic. Next we assist with creating new patterns of behavior and thoughts that allow for change to occur.

We are uniquely housed in a setting designed to address acute psychiatric elements that can be present with the eating disorder. To learn more about our programs, [click here](https://reasonsedc.com//our-programs/) (<https://reasonsedc.com//our-programs/>).

We work to stabilize the following elements in conjunctions with expert eating disorder care:

- Depression
- Anxiety
- Bipolar Disorders
- Borderline Personality Disorder
- Obsessive Compulsive Disorder
- Social Phobias
- Schizophrenia
- Delusional disorders
- PTSD or Trauma Related Symptoms
- Self-Injury
- Substance Use and Abuse

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 We offer Detox from Alcohol, Opioids, and Benzodiazepines with follow up individualized plans for maintaining sobriety and assisting with finding sober living while in out patient care. For more information about The Right Path Chemical Dependency Services at BHC Alhambra Hospital, [click here \(https://www.bhcalhambra.com/treatment-services/chemical-dependency/\)](https://www.bhcalhambra.com/treatment-services/chemical-dependency/).

*“Thank you for challenging me, for lovingly prodding and pushing buttons that helped me release pain and transform my suffering. You are all miracle workers who are dedicated to your patients, and I am grateful for all that you and your team did to help me on my journey to recovery”. -former patient*

*Are you ready to discover your own reasons for recovery?*

Request Help Now  
(<https://Reasonsedc.com/Admissions-2/>)

We accept most major managed healthcare and medical insurance plans and offer affordable payment arrangements.

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