



# Specialized Program

The Center for Eating Disorders  
AT SHEPPARD PRATT

[The Center for Eating Disorders at Sheppard Pratt](#) is one of the nation's leading programs for the treatment of children, adolescents, and adults with eating disorders, including anorexia nervosa, bulimia nervosa, binge eating disorder, and other eating disorders.

The Center, which operates under the clinical leadership of Harry A. Brandt, M.D., and Steven F. Crawford, M.D., provides a highly specialized continuum of care to support individuals and families at each stage of recovery.

Our program benefits from the expertise and state-of-the-art facilities of the world-renowned [Sheppard Pratt Health System](#) — consistently ranked among the top ten hospitals in the country by [U.S. News & World Report](#).

## WHO WE TREAT

At The Center we provide evidence-based treatment for females and males of all ages affected by the following eating disorders and associated issues:

- [Anorexia nervosa](#) (AN)
- [Bulimia nervosa](#) (BN)
- [Binge eating disorder](#) (BED) and compulsive overeating
- [Avoidant/restrictive food intake disorder](#) (ARFID)
- Other specified and unspecified feeding and eating disorders (formerly referred to as eating disorder not otherwise specified)
- [Body image distortions](#) and body dysmorphic disorder (BDD)
- Co-occurring issues such as addiction and trauma disorders

Eating disorders do not discriminate based on age, gender, ethnicity, or socioeconomic status. At each level of care, our specially trained staff utilizes a holistic treatment approach to address the needs of each person and family member.

## TREATMENT APPROACH

Our philosophy involves a definition of healing and recovery that includes the achievement of medical, nutritional, and psychological stabilization through the development of healthy coping mechanisms as a replacement for eating disorder behaviors. Elements of The Center include a diagnostic evaluation program, inpatient units, a day treatment program (partial hospitalization program), an intensive outpatient program, a full range of outpatient services, and an active research division. Throughout all levels of care, our multi-disciplinary staff provides highly specialized individual, group, and family therapies in a caring and recovery-focused environment.

Our patients are cared for by a team of Board Certified psychiatrists and other skilled professionals, including psychologists, licensed clinical social workers, registered dietitians, nurses, expressive art therapists, and occupational therapists. Medical problems are closely monitored by a carefully selected panel of consulting subspecialists.

## LEVELS OF CARE

Individuals and families impacted by eating disorders require different types of interventions and treatments based on the stage of the recovery process. For the best possible treatment outcomes, the level of care provided by The Center should be matched to the individual's needs and adjusted as necessary. The Center's full continuum of care was designed to support open communication, consistency among treatment providers, and seamless transitions from one care level to the next, as medically indicated. Levels of care include:

- **Inpatient program:** Intensive treatment and nutritional rehabilitation with around-the-clock care and monitoring with age-specific programming for children and adolescents, as well as adults and older adults
- **Partial hospitalization program (PHP):** Tailored treatments and supportive, structured meals seven days per week from 7:30 a.m.-7 p.m. each day
- **Intensive outpatient program (IOP):** Therapeutic meals and structured therapy four days each week (Monday-Thursday) during evening hours (3:30 p.m.-7:30 p.m.)
- **Comprehensive outpatient therapies and nutritional counseling**
- **Ongoing support groups and workshops:** Including a [free eating disorders support group](#) every Wednesday evening on Sheppard Pratt Health System's Towson campus

Activities during the day include occupational therapy, as well as therapeutic and recreational groups.

## TREATMENT MODALITIES & PROGRAM ELEMENTS

Throughout all levels of care, our staff provides highly specialized individual, group, and family therapies in a safe and recovery-focused environment. The Center's primary treatment approaches and therapies include:

**Cognitive Behavioral Therapy (CBT):** CBT is the leading evidence-based treatment for adults with eating disorders and is also adapted for use with younger patients. It is based on the theory that a person's thoughts, emotions, and behaviors are interconnected and can be restructured to support new, healthier thoughts and actions.



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**Dialectical Behavior Therapy (DBT):** DBT represents a merging of Eastern and Western treatment philosophies and aids patients in the development of skills focused on the following four areas: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. Research has shown DBT to be effective for individuals with eating disorders.

**Family Therapy:** Parents and families can play an enormous role in the recovery process. Family therapy has proven to be an important and effective element in the treatment of patients with eating disorders. For children and teens with eating disorders, getting the family involved with therapy is considered essential. Family sessions for adults can include family of origin, current family, or members of a close support network. The Center has therapists who are certified to provide family-based treatment (FBT), a specific evidence-based approach to eating disorder treatment for children and adolescents.

**Occupational Therapy (OT):** Occupational therapists assist patients in defining and returning to roles that are important to them and may have been interrupted by the eating disorder. Individuals are empowered through OT to engage in meaningful and purposeful activities of daily living. This includes practical activities — such as meal preparation or time management — that help individuals take responsibility for their food, as well as activities of interest such as crafting or horticulture that can also aid in the recovery process.

**Expressive Therapy:** Our specially trained expressive therapists help patients move through the healing process using art, writing, music, gentle movement, and guided imagery. Expressive therapy can play a particularly important role in addressing body image distortions and fears of body changes.

**Nutrition Therapy:** The primary goal of nutrition therapy is to help patients normalize their eating patterns. Our registered dietitians, as part of an interdisciplinary team of professionals, support and assist individuals in meeting nutritional goals and progressing in recovery. The nutrition staff facilitates educational and supportive groups, as well as individual sessions tailored to each person's unique struggle with food and eating.

**Collaborative Care:** Workshops are designed to address the most universal needs of the caregiver: parents, partner/spouse, siblings, grandparents, or friends of an individual with an eating disorder. Research suggests that participation in these workshops leads to benefits for both the carers and the patient. Workshops are OPEN to all support people at any stage of a loved one's illness or recovery.

Treatment plans are individualized based on the patient and may include many of the treatment modalities mentioned above. For those patients who have eating disorders tied to other underlying psychiatric issues, such as depression, anxiety, post-traumatic stress, and addiction, our staff and programs are well equipped to address these conditions via our [co-occurring specialty treatment tracks](#).

## MEET OUR TEAM



**Harry A. Brandt, M.D.**  
CO-DIRECTOR

Throughout his career, Dr. Harry Brandt has focused on eating disorders treatment, research, and education, having previously directed the eating disorders unit at the National Institutes of Health, and The Center for Eating Disorders at both Mercy and St. Joseph Medical Centers. In addition to his duties at The Center, Dr. Brandt takes on a variety of speaking engagements and nationally recognized research projects. Participating in the difficult process of healing patients, however, remains Dr. Brandt's true passion.



**Steven F. Crawford, M.D.**  
CO-DIRECTOR

Throughout his career, Dr. Steven Crawford has focused on providing the best care to patients with serious eating disorders. When he's not treating eating disorders, Dr. Crawford is teaching other physicians about them and working to promote prevention and early intervention. He serves on the faculty of University of Maryland School of Medicine, where he teaches medical students and trainees how to identify eating disorders. He also serves as a lead investigator in federally funded research grants.

## IN THE COMMUNITY

The Center maintains a strong commitment to the community. In addition to patient care, our staff is dedicated to providing quality outreach, education, and community events that support eating disorder prevention efforts and spread messages of hope and recovery. The Center remains active in [research initiatives](#) and in the academic training of medical professionals to help advance the field of eating disorder treatment.



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## CONTACT THE CENTER FOR EATING DISORDERS AT SHEPPARD PRATT

For frequently asked questions, please refer to our website at [eatingdisorder.org](http://eatingdisorder.org).

Admissions Coordinator:           **410-938-5252**  
TDD                                       **410-938-3075**

## DIRECTIONS

Please call our admissions office at 410-938-5252 or visit [eatingdisorder.org](http://eatingdisorder.org) for directions to The Center for Eating Disorders at Sheppard Pratt.



[Sheppard Pratt Health System](#) is dedicated to improving quality of life through mental health, special education, and addiction services for children, adolescents, adults, and older adults. Our patient-centered treatment approach, combined with our legacy of clinical excellence, sets us apart from other health systems on both a local and national level. We have been ranked among the nation's top psychiatric hospitals for 24 consecutive years by [U.S. News & World Report](#).

The services and facilities of Sheppard Pratt and its affiliates are operated on a nondiscriminatory basis. This policy prohibits discrimination on the basis of race, color, religion, gender, sexual orientation, age, national origin, disability, or any other basis proscribed by law. It applies to the provision of services, use of facilities, granting of accommodations, and opportunity to participate in programs or activities.