



Welcome to Our Virtual Clinic

Walden Behavioral Care is thrilled to offer Partial Hospitalization Programs (PHP) and Intensive Outpatient Programs (IOP) via Zoom secure telehealth. Our PHP and IOP programs have maintained their core components on a virtual platform.

Core Treatment Components

Dialectical Behavior Therapy (DBT) Skill Groups are designed to help clients learn how to regulate emotions and manage distress in a more effective manner without using eating disorder behaviors. Clients learn concrete coping skills through group lectures and discussion. These skills are practiced in group and outside of group through homework assignments. The skill sets center on core mindfulness, interpersonal effectiveness, emotion regulation and distress tolerance. DBT focuses on staying motivated, understanding how and why problem behaviors occur and identifying alternative, more skillful ways of coping.

Cognitive Behavioral Therapy (CBT) Skill Groups are designed to help clients understand the connections between thoughts, feelings, and behaviors, and utilizes various exercises to modify maladaptive patterns of thinking. By changing the way a person thinks about their body, food, and relationships, they can become skilled at managing anxiety and restructuring their thinking in a more effective manner.

Process Group/Weekend Review Groups are less instructive than the other groups to provide a time for clients to engage on topics and issues of their choice. Group leaders provide a safe environment for clients to discuss personal issues that relate to their eating disorders. Group members and group leaders help each other problem solve and provide support for recovery by targeting problem behaviors.

Saturday Programming is available for IOP/PHP patients and is not mandatory, however, it may be recommended as a sixth day to assist clients in meeting their treatment goals or support transition from or to a higher level of care.

Nutrition Group focuses on helping clients learn new ways to nourish their bodies through meal planning, adding new foods into their current diet, confronting fear foods, and gaining a more positive attitude about food. This group integrates concrete suggestions for improving eating patterns with counseling that is designed to target emotional barriers to change.

Relapse Prevention prepares clients to sustain the milestones met in treatment. Clients learn how to make effective use of skills in ongoing preparation for discharge. This group teaches clients to cope adaptively and constructively with sources of stress that are potential triggers for relapse.

Therapeutic Meal Groups are designed for clients and staff to eat well-balanced meals together. This provides clients with the opportunity to practice eating in front of others and work through challenges with the help of staff and the support of their peers. Staff monitor for meal plan compliance, and clients are required to meet and update their meal plan with the dietician regularly as scheduled or as recommended by the treatment team. It is our expectation that clients will eat at a dining room or kitchen table when privacy is available. If a private dining area is not available, we encourage you to construct a space for dining where you are able to eat at a table.

Individual Therapy takes place when the client's assigned clinician meets with them two times per week (PHP) or one time every other week (IOP). Sessions typically occur during the treatment day.

Nutrition Therapy takes place when the client's assigned dietitian meets with them one time per week (PHP) or one time every other week (Free to Be IOP, all other IOPs do not have a dietitian). Sessions typically occur during the treatment day.

Core Treatment Components Continued

Family Therapy takes place when the client's assigned clinician schedules family therapy with the client and a member of their outside support network one time per week (PHP) or one time every other week (IOP). Clients and their family can request additional sessions. Sessions typically occur during the treatment day or at another time that is convenient for you and your support network.

Electives Hour takes place every day during the 11:15 am group hour, and we offer a full menu of elective groups with the goal of individualizing care and preventing treatment fatigue. Through our virtual platform, we can offer more variety in programming with senior level staff and specialty experts. Technology allows us to deliver Walden's diverse expertise to all our PHP and IOP clients.

Elective Treatment Options

AAN/OSFED Process provides a safe space for those diagnosed with atypical anorexia nervosa or purging disorder to openly ask diagnostic-specific questions, discuss challenges, medical complications and share daily triumphs.

ACT, which stands for Acceptance and Commitment Therapy, is an evidence-based treatment modality that uses acceptance and mindfulness strategies mixed with commitment and behavior-change strategies with the goal of combating the inflexibility often associated with eating disorders.

Ambivalence uses a workbook developed by Walden's Dr. Linda Buchanan to guide clients through Dr. Buchanan's unique perspective on ambivalence in recovery to help clients understand how their own early experiences, biological functioning and psychological narrative contribute to the journey toward making a full recovery.

AN Process provides a safe space for those diagnosed with anorexia nervosa to openly ask diagnostic-specific questions, discuss challenges, medical complications and share daily triumphs.

ARFID I/II is for those who are struggling with avoidant-restrictive food intake disorder. Run by a multidisciplinary team, attendees will have the opportunity to share a snack time as well as their individual challenges while learning how to work through food aversions to increase variety and intake.

Athlete & Movement Enthusiasts Support is for anyone who self-identifies as an athlete or movement enthusiast and would like to examine their relationship with their body and exercise as it relates to recovery from their eating disorder.

Body Neutrality enables clients to address and challenge distortions and low self-esteem issues related to their bodies. A variety of cognitive, behavioral, and experiential techniques are utilized to foster acceptance of the body in all its wholeness.

BN Process provides a safe space for those diagnosed with bulimia nervosa to openly ask diagnostic-specific questions, discuss challenges, medical complications and share daily triumphs.

Chronic Illness is designed for those who are managing a chronic illness while in treatment. Clients will join their peers who are also struggling with chronic illness in a space where their experience is understood and validated.

Coping for College is for clients to share the stressors and accomplishments that college life brings. Topics include time management, navigating the dining hall, managing relationships, stress management, substance abuse, and many more.

Co-Occurring Disorders provides an opportunity to process and develop treatment plan interventions for co-occurring disorders. As eating disorders often function as maladaptive coping skills, most folks struggling with an eating disorder also have co-occurring disorders such as depression, anxiety, panic disorder, PTSD, ADHD, bipolar disorder, and borderline personality disorder.

Elective Treatment Options Continued

Expressive Therapies supports individuals in exploring the recovery process using creative and mindful expressions using a variety of mediums.

Facing Fear works to support you in challenging rigid thoughts, perfectionism, and over-controlled behaviors i.e. anorexia nervosa, chronic depression and OCD using Radical Openness (RO-DBT).

Family Dynamics is for sharing and understanding your family's dynamics and how to navigate to foster success in your recovery journey.

Grief & Loss are felt by both the brain and the body and when left unaddressed can lead to or contribute to the development or worsening of eating disorders and other addictions. Whether grieving the loss of a loved one or simply the loss of an important aspect of life, we hope clients will use this group to begin their healing process.

HAES (Health at Every Size) is a movement promoting health equity and based on an approach that is weight neutral and honors one's individuality, specific behaviors, unique abilities, and available resources before formulating an intervention plan. Our HAES aligned staff will support clients through meaningful process centered around addressing weight bias and promoting inclusivity.

Intimacy & Relationships works to explore the meaning of platonic and romantic intimacy, how relationships are impacted by your eating disorder, and how to take the next steps toward building trust and re-establishing intimacy in important and supportive relationships.

Life Skills provides a space where adults facing social, familial, or occupational challenges can come together to share "adulting" struggles and successes as they navigate their journey toward eating disorder recovery.

Media Literacy works to analyze media messages as well as create, reflect, and take action, using the power of information and fact checking.

Neurodivergence provides attendees with education on neurodivergence, its role in treatment and recovery as well as offer individualized coping skills and interventions based on individual diagnostic and treatment needs. Common examples of neurodivergence include autism, ADHD, dyslexia, Tourette's, epilepsy, bipolar disorder, OCD, borderline personality disorder, and chronic anxiety/mood disorders.

Recovery Speaker is when we welcome a variety of recovery speakers to share their stories of courage, strength and hope with current patients. All questions are welcome and can be asked directly or through the privacy of direct chat messaging.

Self-Esteem provides a safe space to learn and practice appropriate boundary setting and conflict management techniques to work to improve self-esteem. The ability to set appropriate boundaries and manage conflict impact the way clients view themselves and others.

Survivor will teach and explore safety and containment skills as well as trauma's effect on the brain. This highly acclaimed trauma program is for anyone who feels ready to explore how their trauma has contributed to the development of their eating disorder and/or how their eating disorder works as a maladaptive skill to cope with the effects of trauma.

Spanish Speaking Process is for clients who would benefit from the opportunity to receive group therapy in Spanish. Topics will vary and are client directed.



Tentative / Coming Soon

Cooking Group Experiential provides a chance to join Walden's exemplary dietary staff in live cooking demonstrations aimed at supporting you in developing and practicing adaptive cooking skills to ensure maintenance of regulated eating patterns and improved variety.

Male Identity will hold the space for those who identify as male to share their personal struggles and triumphs related to their own eating disorders, body image, and interpersonal relationships. Society has portrayed eating disorders as an illness that afflicts young women. We know that this is not the case, and still, a great deal of men with eating disorders feel immense shame and guilt as a result.

SMART (offered as needed) Self-Management and Recovery Training (SMART) is a global community of mutual support groups available at Walden and facilitated by a clinician certified in SMART Recovery. These groups are also available in the community. The clinician and participants help one another to resolve problems with substance use or any other troubling process addiction. Participants find and develop the power within themselves to change and lead fulfilling and balanced lives guided by SMART's science-based and sensible 4-Point Program.

Requirements & Reminders

Requirements: Laptop, Desktop, Tablet or Smart Phone. Participants must be willing to appear on camera, identify/confirm their current location, and have a private space to adhere to confidentiality laws that protect all members of the group.

Participants who stop their camera without letting the group leader know, who are observed to be using their phone's camera, taking pictures or screenshots from any device, or interacting with anyone in the room may be removed from the group by the group leader due to confidentiality laws. Violation of confidentiality laws may result in immediate discharge.

Clients enrolled in PHP programming will have the option to participate in Free to Be IOP or Rainbow Road IOP for half of their PHP program day.