

At Princeton Center for Eating Disorders, located at Penn Medicine Princeton Medical Center, we believe that seeking professional treatment for an eating disorder is a critical moment on the path to recovery. We understand the courage necessary to take this step, and we support our patients with the structure and care needed to facilitate the journey back to health.



Princeton Center for Eating Disorders provides effective, compassionate treatment for adults of all genders who are suffering from anorexia, bulimia, and other eating disorders. We offer a warm, welcoming environment in an award-winning medical center. Our patients not only benefit from treatment for the physical, psychosocial, and nutritional aspects of their eating disorder, but they also have immediate access to full-service care for any other medical needs.

## To learn more

or to schedule an appointment, please call our admissions team at **609.853.7575** or toll-free at **877.932.8935**. We welcome self-referrals or referrals from treatment providers, and all inquiries are confidential. We are approved by most insurance plans.

*I have* moved miles while being a part of this program, and I feel like a new person, rejuvenated and focused. All of the elements work together, in a perfect balance, to push me toward hope and health, at the perfect, comfortable pace. I am beyond thankful.”  
– Patient

**Princeton Center for Eating Disorders**  
Penn Medicine Princeton Medical Center  
One Plainsboro Road  
Plainsboro, NJ 08536  
**609.853.7575**  
[princetonhcs.org/eatingdisorders](http://princetonhcs.org/eatingdisorders)



### EQUITABLE CARE FOR ALL

At Penn Medicine Princeton Health all patients, without exception, have the right to high-quality, unbiased, patient-centered health care, regardless of sexual orientation or gender identity or expression.

Penn Medicine Princeton Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, servicios gratuitos de asistencia del lenguaje están disponibles para usted. Llame al 1-609-853-7490.

请注意: 如果您讲中文, 您可以免费获得语言协助服务。请致电 1-609-853-7490。



## Princeton Center for Eating Disorders



## Stepping back into Life

Services for  
Adults



## Toward Lasting Change

By tailoring treatment plans to the distinct needs of individual patients, our intensive program is designed to foster meaningful and lasting change. We provide the foundation for a full recovery by combining psychosocial treatment, nutritional support, and the latest advances in medical care – together with an atmosphere of understanding, safety, respect, and support throughout the recovery process.



## A Warm, Welcoming Place

Founded in 1996 and now part of a modern medical center just minutes from historic Princeton, the Center is located in a secure, private unit on the fifth floor of Princeton Medical Center. It offers a contemplative, scenic setting where patients can feel safe and comfortable as they recover. Most of our bright and spacious patient rooms are private, with some semi-private options available.

## Comprehensive Care

Because each patient is unique, care begins with the development of an individualized treatment plan. From there, a well-structured, daily inpatient program reinforces treatment goals.

### Our approach includes:

- Medical management
- Individual psychotherapy
- Group psychotherapy
- Family therapy
- Nutrition counseling
- Individual tutoring
- Mindfulness and relaxation training
- Art and other expressive therapies
- Skills-based groups, such as mindfulness and emotion regulation



In addition, from the time our patients are admitted, we focus on preparing them for a smooth transition home following discharge.

## Working as a Team

Each member of our skilled treatment team plays an important role in the recovery process. Our team includes:

- Board certified psychiatrists and advanced practice nurses
- Registered nurses, nursing assistants, and mental health associates
- Licensed psychotherapists, including psychologists, social workers, and professional counselors
- Registered dietitians and nutrition associates
- Consulting physicians who are board certified in their specialty areas
- Chaplains who provide non-denominational spiritual support
- Admissions and utilization review professionals

Each patient's family is an integral part of the team, and we actively help them support their loved one's recovery. We also consider our referral sources as partners in patient care.



Continuity of treatment is essential to the recovery process, and coordinating with our referral sources is a valued part of the treatment plan for each patient in our program.