



The Southlake Center For Self Discovery is a multidisciplinary treatment center dedicated to offering Hope, Healing, and Connection to individuals and families whose lives are affected by disordered eating.

At Southlake Center For Self Discovery, we understand that each individual has different underlying issues that may drive their behavior. We take a comprehensive approach to treating you, the individual—not just your eating disorder.

We believe that most clients are better served living in their current environment, integrating what they learn into their daily lives. This allows them to deal with issues head on as they encounter them. Our program gives clients the strategies to empower themselves so that they have the tools to deal with the stresses of everyday life.

At the center, we believe **FULL RECOVERY IS POSSIBLE**. We use a multidisciplinary approach to treat the various causes of eating disorders. Our team of specialists combine the most powerful and reliable treatment options available. We use methods that have been scientifically studied, empirically validated and have been found to have the highest success rates for eating disorders.

**Southlake Center For Self Discovery
Adult Intensive Outpatient Program
(704) 896-7776**

The program meets three to five nights a week, from 5 p.m. to 8 p.m. with partial programming and support available on Saturdays.



The Southlake Center for Self Discovery's Intensive Outpatient Program provides an alternative to individuals who do not require inpatient or our extended day treatment program. This program allows these individuals to maintain their daily activities, while receiving necessary treatment. Our program allows individuals to work on their eating disorder issues, identify and implement healthier coping skills and receive nightly mealtime guidance in a structured environment where they feel supported and understood. In our environment, clients begin to recognize the situations and issues that trigger eating disorder behaviors. Returning to the center daily allows clients to process their experiences with their peers and staff to gain insight and control over their symptoms.

Benefits of our Intensive Outpatient Program:

- Maintain your current daily life
- Discover and reconnect to your true Self
- Gain self awareness and increased self esteem

- Improve ability to connect and relate with others
- Overcome fear with eating and normalize eating patterns
- Recognize patterns that contribute to difficulties with eating
- Gain strength to overcome life's challenges

Other Services Offered:

- Psychiatric Services
- Academic Services
- Nutrition Services
- Individual therapy
- Group Therapy
- Family Therapy
- Marital Therapy
- Parent Training Program
- Equine Assisted Psychotherapy
- Therapeutic Yoga
- Art Therapy
- Movement Therapy
- Massage Therapy

The Southlake Center For Self Discovery's Intensive Outpatient Program can provide additional structure for local therapists by offering our programs to clients who might require extra support between individual sessions. Our clinical team will work closely with the referring therapist.

Please explore the *Southlake Center For Self Discovery's* website and learn how our program can guide you to freedom and living life to its fullest. We are here and we want to help!

www.centerforselfdiscovery.com



Specialized programs for eating disorders

FREQUENTLY ASKED QUESTIONS

- **Where are you located?**

We are located at 709 Northeast Drive, Suite 20 in Davidson, NC 28036

- **Are the costs of your program covered by insurance?**

The Southlake Center For Self Discovery Program is a fee for service program. Our program is not part of any insurance company's network of providers although we have success negotiating insurance contracts on a case by case basis. Unless such an arrangement is made, we must collect payment of services directly from you. The cost of services will differ depending on the needs of the individual. We will work with you to make an arrangement that best suits your financial needs. We will provide you with paperwork that you can submit to your insurance company for reimbursement. Some companies will provide reimbursement of "out-of-network" services, but this varies greatly from company to company and plan to plan. If you have questions about whether or not our services are covered by your insurance, please contact your insurance company and inquire about your coverage for "out-of-network providers". We can provide a written summary of our program if your insurance company needs more information about our services and would be happy to talk to insurance providers to explain our services.

- **How do I know what level of care I need?**

If you have decided to get help for your eating or exercise disorder, we are here to help. We recognize that making the decision to recover is difficult and that reaching out takes courage. With compassion and wisdom, we will connect with you and make it as easy as possible. Together we will decide if the Southlake Center For Self Discovery is the right place for you and your journey to a healthy future. If not, we will make referrals and recommendations for more appropriate levels of care.

- **What is your admissions process?**

- Call our office at **704-896-7776** to set up an initial assessment for a comprehensive evaluation. This evaluation is one of the most important parts of the process as it helps to devise well-defined treatment goals and plans. The evaluation with take approximately 2 and 2 1/2 hours.
- All clients will be required to get medical clearance from their primary care physician, indicating that they are medically stable enough for this level of care. (We will provide your doctor with the clearance form.)

Want to learn more about the program at The Southlake Center For Self Discovery?

Please contact the Program Director, Kimberly B. Krueger, MSW, LCSW at (704) 896-7776.