



Seeds of Hope

Eating Disorder Treatment for Adults and Adolescents

Our Philosophy

Our person-centered approach offers individualized care that encourages and supports the unique recovery process of adults and adolescents of all gender identities and expressions.



How We Help

- » Restore **hope** in sustained, lifelong recovery.
- » Equip clients with the knowledge and tools to **heal** their relationship with food, their bodies, and themselves.
- » **Teach** clients to identify and reduce their anxiety around food.
- » Encourage clients to **develop** their autonomy and identity in recovery.

Our Treatment

Seeds of Hope provides clients with a safe space and continuous staff support including, but not limited to:

- » **Therapeutic Interventions:** Acceptance Commitment Therapy, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Narrative Therapy, and Motivational Interviewing, etc.
- » **Holistic & Creative Art Therapies:** Trauma-informed yoga, meditation, and art, music and dance therapies, etc.
- » **Experiential Practices:** Grocery shopping, meal preparation, dining out, etc.



FOR MORE INFORMATION
(610) 644-6464 • seedsofhopesupport.com



Seeds of Hope

Our Programs

Partial Hospitalization Program (PHP)

For adults and adolescents who need intensive support for eating disorders outside of a residential setting

PHP Treatment Includes:

- » Experiential meal practice twice per day
- » Nutrition education and support with a registered dietitian
- » Daily group therapy sessions
- » Weekly individual therapy sessions
- » Medication management
- » Process groups
- » Psychoeducation
- » Holistic Therapy
- » Creative Arts Therapy

Adolescent treatment programs include an educational component and family therapy sessions.

Intensive Outpatient Program (IOP)

For adults and adolescents who struggle with an eating disorder but need less support than full-day treatment

IOP Treatment Includes:

- » Experiential meal practice once per day
- » Daily group therapy
- » Nutrition education and support with a registered dietitian
- » Process groups
- » Psychoeducation



Adolescent treatment programs include a weekly family night to provide support and psychoeducation to parents and anyone in the client's support system.

Our Locations

Adult Treatment

491 John Young Way, #300
Exton, PA 19341

Adolescent Treatment

1440 Russell Road
Paoli, PA 19301



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