



# Be Free

## Binge-Eating Disorder Program Philosophy

Binge Eating Disorder (BED) has many names. It has been called compulsive eating, mindless eating, food addiction, closet eating, nighttime eating, grazing, dysregulated eating and emotional overeating.

If weight loss clinics and diet protocols have been prescribed to you in the past, Esperanza offers hope in a program that helps our patients abstain from binge-eating behaviors and achieve a healthy relationship with their bodies, regardless of their current size. Diets are replaced with the intuitive eating nutritional approach. Success is measured by freedom from the restrict/binge cycle, body acceptance and participating in regular life-enhancing enjoyable movement activities. At Esperanza EDC Patients learn to eat for both well-being and satisfaction.

The Be Free Program is designed for the specific needs of those who meet the diagnostic criteria for BED, and where appropriate, Bulimia Nervosa. In the DSM-5, Binge Eating Disorder is described as lack of control eating, followed by tremendous guilt, regret and remorse. This unique program is a separate IOP track offering evidence-based treatments providing a safe, non-triggering environment. Our multidisciplinary team of experienced mental health and dietary professionals use the most current evidence-based therapies to offer coping skills necessary to achieve long-term abstinence from binge eating.

Dialectical Behavior Therapy and Cognitive Behavior Therapy are components of the clinical program. DBT is an effective treatment approach for Binge Eating Disorder. Exposure to foods patients avoid or find themselves overeating encourages practice of DBT skills, which reinforces personal empowerment over symptoms. Recovery by Doing activities including enjoyable movement, cooking classes and takeout meal exposures are integrated into the schedule.

Esperanza's Be Free Program embraces the paradigm of Health at Every Size (Bacon, 2010). The HAES approach encourages:

- Accepting and respecting the natural diversity of body sizes and shapes.
- Eating in a flexible manner that values pleasure and honors internal cues of hunger, satiety and appetite.
- Finding the joy in moving one's body and becoming more physically vital.

**Call our office at 210.253.9763 for more information about how to break the cycle of emotional overeating and develop a healthy relationship with food.**

*Esperanza = Hope*

# Be Free Treatment Program

Intensive Outpatient Program (IOP)  
Tuesday and Thursday On-site | Wednesday Virtual

Service Offered	On-Site	Virtual
<b>BEHAVIORAL THERAPY</b>		
Individual Psychotherapy Session	✓	1/week
Therapeutic Skills Group	✓	✓
<b>NUTRITION GROUP</b>		
Nutrition Education		✓
Individual Dietary Session	✓	✓
Nutrition Therapy Group	✓	
Takeout Meal Exposure	✓	
Restaurant Exposure	✓	
Cooking Classes	✓	
Grocery Store Exposure	✓	
<b>THERAPEUTIC GROUPS</b> See website for full list	✓	✓