



**Aster Springs™**



**Aster Springs Overview  
Eating Disorder Treatment for Adult Women**

Admissions and Referrals: 804.376.5118

## WHO WE ARE

At Aster Springs, we believe that people aren't defined by their eating disorders. Each client we work with is unique and valued for who they are as a person. We offer tailored treatment for women 18 years and older to meet the needs of each individual. Our whole-person, compassionate treatment approach helps clients take the next step towards lasting recovery.

Founded as part of the Odyssey Eating Disorder Network, we are unique in our ability to work with clinicians, leaders, and experts nationally to ensure the care provided at Aster Springs is evidence-based and industry leading within our state-of-the-art facility. Whether clients enter our intensive residential, partial hospitalization with a housing option, or intensive outpatient treatment programs, our clinical team will help them get the treatment they need to have the life they want.

## WHAT WE TREAT

- Anorexia Nervosa
- Avoidant/Restrictive Food Intake Disorder (ARFID)
- Binge Eating Disorder (BED)
- Bulimia Nervosa
- Compulsive Exercise
- Muscle Dysmorphia
- Other Specified Feeding and Eating Disorder (OSFED)
- Purging Disorder
- Unspecified Feeding or Eating Disorder (UFED)

## OUR METHODS

Our staff are highly experienced and credentialed in using proven, evidence-based therapies to help each client successfully achieve long-term recovery from eating disorders. Our clinical teams provide multidisciplinary treatment that uses medical, nutritional, psychological, and psychiatric interventions in collaboration with each client's community of outpatient clinical, family, and other social supports.

Tailored programming, designed to meet the needs of each client, includes psychotherapy groups, individual therapy, nutrition education, meal planning, family therapy, medical or medication management, and aftercare planning and assistance. Our therapies include:

- Acceptance and Commitment Therapy (ACT)
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Emotion Focused Family Therapy (EFFT)
- Experiential and Expressive Therapies
- Exposure and Response Prevention (ERP) Therapy



## LEVELS OF CARE

At Aster Springs, we don't take a one-size-fits-all approach to treatment. Our continuum of care ensures clients can step up or down into the appropriate level of care with a cohesive, dedicated treatment team that partners with our trusted clinical partners to help transition clients to traditional outpatient and aftercare programs. We offer the following levels of care.

### RESIDENTIAL TREATMENT (RTC)

Our home-like setting in a peaceful surrounding is ideal for healing. With a team of highly credentialed, experienced therapists, nutritionists, and other team members, we ensure that each client receives whole-person and multi-dimensional care that helps them progress towards recovery.

### PARTIAL HOSPITALIZATION PROGRAM (PHP)

Designed as a solid bridge for those stepping down from residential care or as a program to prevent hospitalizations, PHP offers clients increased independence to practice learned skills in real-life situations while maintaining structured therapy five days a week.

### INTENSIVE OUTPATIENT PROGRAM (IOP)

Our IOP was designed to help individuals who are experiencing an increase in distressing symptoms and behaviors or are not progressing with traditional outpatient services. The additional support and treatment foster meaningful improvement and create a solid foundation. Provided in partnership with Pasadena Villa Outpatient - Richmond, IOP meets three to five days a week.

## PAYMENT OPTIONS

Aster Springs offers multiple payment options, and we ensure that each client has a financial plan that works for them prior to admission. Our Financial Team takes the time to help each client understand their benefits and cost of care so there aren't any surprises. However, we do not accept Medicare, Medicaid, or TRICARE.

## ADMISSIONS AND REFERRALS

Call our Admissions Team today at 804.376.5118 to get started. We're here to guide each client through the admissions process so they can take the next step in their eating disorder recovery.

Aster Springs is committed to helping clients achieve freedom from their eating disorders. Recovery is possible.

For more information about our programs or to get started on your journey to recovery, call **804.376.5118**.



**Aster Springs**<sup>™</sup>

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[astersprings.com](http://astersprings.com)



Aster Springs is a proud part of the  
Odyssey Eating Disorder Network