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# ABOUT OUR DIRECTORY

AA/BA of Philadelphia feels strongly about the benefits of support groups in assisting individuals and families toward a better understanding of the complex issues associated with eating disorders. However, we **suggest** that this be in addition to psychological, medical and nutritional treatment resources.

The following is a list of eating disorders programs and individuals who provide treatment. Since your choice is a personal one be sure to read the description of services, as the circumstances underlying an individual's eating disorder are unique and individual needs and treatment may vary.

The following list describes some of the programs and services available in the Delaware Valley area.\* This list is periodically updated, so check with us for additions and changes that occur periodically. When contacting any of those listed, **please be sure to say that you obtained the referral through AA/BA.**

For further information, please call (215) 221-1864.

**\*DISCLAIMER:** Please be advised that, although we perform a review of the institutions and individuals listed, the AA/BA of Philadelphia disclaims any liability for the qualifications of, consultations with, and/or treatment by those listed. All have paid a fee to be listed in this directory - the proceeds of which go toward the overall support of our organization, helping to support all of our services and activities

# SUPPORT GROUP MEETINGS

## American Anorexia and Bulimia Association FREE SUPPORT GROUP MEETINGS 2009

Time: Saturdays, 10:00-11:30 AM

January 24  
February 21  
March 21  
April 18  
May 16  
June 20  
July 18  
August 15  
September 26  
October 17  
November 21  
December 12

JANUARY	FEBRUARY	MARCH	APRIL																																																																																																																																																																																						
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\*ALL MEETINGS/PROGRAMS HELD MONTHLY AT Belmont Center/First Floor\*

Directions To Belmont Center  
4200 Monument Ave • Phila., PA 19131  
(215) 877-2000



*From Center City, South Philadelphia, Airport, Amtrak Station*

Take I-76 West to City Avenue (this exit is on the left side of the highway). After making a right at the end of the exit ramp, proceed to the second light, staying in either of the left-hand turn lanes (Monument Road; Channels 6 and 10 are on this corner). Turn left onto Monument and go through second light (Ford Road). Belmont is on the left.

*From North, Northeast Philadelphia, Bucks County, Trenton and Princeton*

Take US 1 (Roosevelt Boulevard) South to I-76 West (toward Valley Forge). Get into left lane and take first exit, City Avenue. After making a right at the end of the exit ramp, proceed to the second light, staying in either of the left hand turn lanes (Monument Road; Channels 6 and 10 are on this corner). Turn left onto Monument and go through second light (Ford Road). Belmont is on the left.

*From Delaware County, Eastern Main Line*

Take US 1 (City Avenue) North to Belmont Avenue (Mobil station on corner) and turn right. At first light, turn left onto Ford Road. Proceed to the next light and turn right onto Monument Road. Belmont is on the left.

*From King of Prussia and Valley Forge Area*

Take -76 East to City Avenue exit. After making a right at the end of the exit ramp, proceed to the second light, staying in either of the left-hand turn lanes (Monument Road; Channels 6 and 10 are on this corner). Turn left onto Monument and go through second light (Ford Road). Belmont is on the left.

*From Lower Montgomery County and Route 611 Corridor*

From Jenkintown/points North: Take PA 611 South to Washington Lane and turn right. (From Elkins Park, take 611 North to 73 West, then left onto Washington.) Follow Washington into Philadelphia; turn right onto Wayne Avenue. Cross the bridge and turn left onto Johnson Street. Turn left onto Lincoln Drive. Follow the signs to City Avenue. Proceed to the third light, staying in either of the left-hand turn lanes (Monument Road; Channels 6 and 10 are on this corner). Turn left onto Monument and go through second light (Ford Road). Belmont is on the left.

Public Transportation SEPTA Bus 38, 40  
check with [www.SEPTA.org](http://www.SEPTA.org) or call (215) 580-7800

CALL *Belmont* 1-800-EINSTEIN

# GETTING HELP


Having a good support system will make your fight towards freedom a little easier and you will know that you are not alone. Your treatment should probably include individual, family and group therapy, support groups, and nutritional, in some cases medications and sometimes there is a need for hospitalization.

**Individual Therapy** - In individual therapy you will be able to develop a one-to-one relationship with your therapist. Once you begin to trust your therapist, you will be free to start releasing all the feelings that you have kept inside for so long. You will be able to start focusing on why you are doing this and what you need to do to stop. You will begin to understand why and how your eating disorder became your only means of coping, and you will learn new and healthier ways to cope. The frequency of visits will probably depend on the severity of the eating disorder. Some people are in daily therapy and others are in weekly therapy. The amount of visits will probably depend on you and your therapist.

**Group Therapy** - Group therapy can be very beneficial to someone trying to recover from an eating disorder. For the first time they are surrounded by others that know and understand exactly how they feel. For so long they probably felt like they were the only ones that had this problem, and now they know that they are not alone. Groups usually meet once a week and can discuss anything from the eating behaviors itself and finding ways to change the behaviors, to discussing the underlying issues causing the eating disorder. Group members can support one another and help each other to find ways to change their eating patterns and develop healthier ways to cope.

**Family Therapy** - Family therapy usually involves the people that are living with or very close to the person with the eating disorder. This could include parents, siblings, spouses and even grandparents. Usually an eating disorder indicates that there are problems within the family. Some problems could include marital problems, substance abuse, physical or sexual abuse, lack of communication, or difficulty in expressing feelings. All these issues can be discussed and worked on in family therapy. In order to solve these problems, the families must be willing to participate in therapy and be willing to make changes in their own behaviors.

**Support Groups** - Support groups are usually not run by a professional. Usually the leaders are people that have experienced an eating disorder themselves. The groups can meet anywhere from daily to once a month. Support groups can be very helpful to people with eating disorders because they realize that they are not alone and that recovery is possible. The members also help and support each other during difficult periods. Each support group is different. Some groups are free to discuss what they feel and others may pick a topic to be discussed at each meeting.



**Medical Treatment** - It's important that your health is monitored by a physician that is aware of your eating disorder. There are many physical complications that can result from the eating disorder. If left untreated, they can lead to serious health problems or death. I would also urge the person to be very open and honest about their eating behaviors and symptoms with their doctor to insure they receive the best medical treatment possible. It is also important that you are seeing a doctor who is familiar with eating disorders and treats them properly. If you are bulimic, you may want to see your dentist for a check up. Frequent vomiting can lead to tooth decay as a result of enamel erosion from stomach acids.

**Nutritional Counseling** - A part of your recovery should include nutritional counseling. Many people with eating disorders have no idea what "normal eating" really is and a qualified nutritionist will be able to help you develop a healthy eating pattern.

**Medications** - In some cases medication has been useful in treating eating disorders. Antidepressants such as Prozac, Paxil and Zoloft have been used in helping with signs of severe depression. Antidepressants can sometimes help a person binge/purge less frequently. Medication should not be used as the sole source of treatment. It should be combined with all areas of treatment.

**Hospitalization** - If the person's weight is extremely low or if they are bingeing/purging several times a day, hospitalization may be necessary. Sometimes a person needs more support than out patient therapy can provide. The hospital can provide them with a safe environment and help control the eating behaviors. If hospitalization is necessary, they should be admitted to a ward that is familiar with treating eating disorders. Psychiatric wards are usually not equipped to handle eating disorder patients and the person can sometimes feel worse while in there. Some hospitals do have units that specialize in treating eating disorders. These units should provide both psychological and physiological care.

- <http://www.mirror-mirror.org/help.htm>

# COMPREHENSIVE EATING DISORDERS PROGRAMS

## Belmont Center for Comprehensive Treatment (formerly Philadelphia Psychiatric Center)

*Medical Director:*  
*Boris Itskov, M.D.*

*Clinical Program Coordinator:*  
*Lauren Strobeck, Psy.D.*

**Inpatient Program:** The Eating Disorders Program is a treatment program for patients (ages 12 – 65 years) who are struggling with anorexia, bulimia, and compulsive overeating. We are located within a separate unit of the Belmont Center for Comprehensive Treatment, one of the leading psychiatric hospitals in the Philadelphia area. The program utilizes a multidisciplinary treatment team approach. The treatment team includes a psychiatrist, a psychologist, social workers, an art therapist, psychiatric nurses, psychiatric technicians, dieticians, and other mental health professionals.

**Day Treatment Program:** The day treatment program meets from 8 am to 3 pm five days per week. Patients in the program participate in therapeutic activities throughout the day similar to those available in the inpatient program. Day treatment patients participate in supervised breakfast and lunch in the program.

The Belmont Center is JCAHO accredited. Our treatment services are covered by most insurance plans. Our admissions department can help prospective patients and their families determine coverage.

To obtain more information or to arrange for an appointment for an evaluation or consultation, please call Dr. Lauren Strobeck at 215•581•5490. You can also visit our website at [www.einstein.edu/belmont](http://www.einstein.edu/belmont)

## The Eating Disorders Program at Friends Hospital

The Eating Disorders Program offers inpatient treatment for women and men with Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder. Friends Hospital works with adults and adolescents ages 14 and older.

The Program is designed to help individuals change the behaviors that perpetuate their disorder. Our program philosophy emphasizes problem solving and builds on the client's strength to initiate change.

Our Program is small and because we work with only a limited number at a time we are able to provide individualized attention. Program accommodations are all private rooms. Groups and therapeutic activities are conducted in our own building on the beautifully landscaped 100 acre hospital campus.

### Program Description

Clients actively participate in a range of therapies to alter unhealthy eating behaviors, understand underlying problems and learn better ways of resolving stress. People with eating disorders can also suffer from mood, anxiety and personality disorders as well as drug/alcohol addiction. A plan of treatment is developed for each client and includes individual, family and group therapies along with nutritional counseling. Because the program is situated within a hospital, there is access to medical assessment, substance abuse counseling, psychopharmacology and psychological testing when additional services are needed. There is around the clock nursing care, and a physician on site 24 hours per day. An individualized approach allows flexibility in treatment to meet the client's specific needs.

### Treatment Team

The Program is under the direction of Michael Pertschuk, M.D., Clinical Associate Professor of Psychiatry at the University of Pennsylvania and Drexel University, with over 20 years of treatment and research experience in eating disorders. Dr. Pertschuk was named one of *Philadelphia Magazine's* top doctors and has appeared in the national media as a recognized expert. He is joined by a dedicated staff of psychologists, nurses, dieticians and expressive therapists selected for their expertise in the treatment of eating disorders.

4641 Roosevelt Blvd. • Philadelphia, PA 19124  
(215) 831-6300

[www.friendshospital.com](http://www.friendshospital.com)

## Eating Disorders Treatment Centers

*Medical Director:*  
Michael Pertschuk, M.D.

*Intake Coordinators:*  
Jennie Rolon  
(856) 810-0100  
Mariellen Velez  
(215) 340-0900

Eating Disorders Treatment Centers (EDTC) specializes in partial hospitalization care and intensive outpatient services for eating disorders. We recognize that these complex problems often require more help than can be provided in traditional once-a-week therapy. At the same time there are tremendous advantages to receiving treatment while continuing in the normal routine of daily life. Progress made while living at home is more likely to persist than changes made in artificial settings of hospital or residential facilities. Our late afternoon through evening programs permit clients to remain at home and attend work or school while participating in a range of therapies to treat these disorders.

Our programs include a combination of individual, family and group therapies together with nutritional counseling. When appropriate medication management is also available for clients with associated problems of depression and anxiety. A staff-supported group dinner is an important element of the program. It is an opportunity to practice with staff the more normal eating patterns clients need to implement at home. In addition to our program services, we offer traditional outpatient therapies at both our locations. These therapies can be a step-down from the program or an alternative for individuals who do not require as intense an approach.

We know that many clients and families embark on treatment with anxiety. While therapy for eating disorders is hard work, we believe it should be a positive experience. To this end we have endeavored to create a truly supportive environment of care in terms of space and staff. Our facilities are homelike and comfortable; very simply, a nice place to be. The staff at EDTC are genuinely enthusiastic about their work with clients and have been selected for their expertise in the treatment of eating disorders. Our team of professionals includes doctoral and masters level psychologists, licensed clinical social workers, certified art therapists, registered dieticians and board certified psychiatrists. The programs are under the direction of Michael Pertschuk, M.D., Clinical Associate Professor of Psychiatry at the University of Pennsylvania and Drexel University, with over two decades of experience in the treatment of eating disorders.

EDTC participates in many insurance networks for its program services, which may be largely or entirely covered. Clients served include adolescents from age 14, adults, males and females. Please contact us for further information, to request a brochure or to schedule a consultation.

1200 Bustleton Pike  
Suite 11  
Feasterville, PA 19053  
(215) 340-0900

750 W. Route 73  
Suite 104  
Marlton, NJ 08053  
(856) 810-0100

# GROUP PRACTICES

## Arbor Counseling Center

*Therapists:*

*Terry Brown, M.A.  
Licensed Psychologist*

*Nutritionist:  
Colleen Young, R.D.  
cky@netreach.net*

*Andrea K. Shapiro  
M.C.A.T.*

Arbor Counseling Center provides coordinated outpatient care for women, men and teenagers with eating disorders. We offer individual therapy, family therapy, nutrition counseling and group therapy. Our clinicians were previously associated with the Renfrew Center or the Eating Disorder Program of the Belmont Center for Comprehensive Treatment. Medical and psychiatric care is provided by our network of physicians who specialize in the treatment of eating disorders.

Treatment focuses on our belief that eating disorders involve disordered relationships as well as disordered eating. Starving, bingeing, vomiting, overexercising and overeating are used to numb feelings and profoundly affect how people experience themselves. The eating disorder helps you endure—rather than change—yourself, your relationships and the circumstances of your life. Our center provides a safe environment in which to address both the physical and relational symptoms of anorexia, bulimia and binge eating disorder.

**114 Forrest Avenue #104 • Narberth, PA 19072  
(610) 664-5858(phone) • (610) 664-6060 (fax)**

**Andrea: 104 Forrest Avenue • Narberth, PA 19072**

## **The Renfrew Center**

*Susan Ice, M.D., Medical Director*

In 1985, The Renfrew Center opened its doors as the first residential center exclusively dedicated to treating women with eating disorders. Since then, we have revolutionized treatment for women with anorexia, bulimia and compulsive overeating by giving them respect and providing a safe, nurturing community in which to heal. In the Philadelphia area, Renfrew offers a full continuum of care to meet the needs of any woman.

**The Renfrew Center of Philadelphia** — Our Spring Lane site offers Residential Treatment, our most comprehensive, structured and intensive level of care, designed to help women alleviate their symptoms and address their underlying issues. Within our Residential Programming, Renfrew offers specialized programming for adolescents, older women, trauma survivors, substance abusers and those who abuse exercise. Day Transitional Living is also offered for women who are leaving our Residential program or women whose symptoms don't require residential care but can still benefit from an intensive partial program.

**The Renfrew Center of Radnor** — In addition to offering Day Treatment, Renfrew Radnor offers the Intensive Outpatient Program, which meets three evenings a week so that participants can pursue their normal daytime activities. The site also offers individual, group, family and couples therapy, psychiatric consultation and nutritional counseling.

Renfrew works with most major insurance companies, and treats women ages 14 and older. For additional information about our services, visit [www.renfrewcenter.com](http://www.renfrewcenter.com) or call 1-800-RENFREW.

**The Renfrew Center of Philadelphia**  
475 Spring Lane  
Philadelphia, PA 19128

**The Renfrew Center of Radnor**  
320 King of Prussia Road  
Radnor, PA 19087

1-800-RENFREW  
[www.renfrewcenter.com](http://www.renfrewcenter.com)

## Woodland Forge

*Owners/Directors:*

*Ellen R. Davis, Ph.D.*

*Alex Gonçalves, Ph. D.*

Woodland Forge is a new outpatient private practice designed to provide eating disorder treatment for young children through adults. A particular focus of Woodland Forge is to utilize family-based therapy to empower parents and help them take charge of their child's treatment and guide them to recovery. Woodland Forge includes a therapeutic eating room where family members eat meals and snacks together and engage in hands-on-learning to support their loved one who has an eating disorder. The eating room also allows for exposure based treatments for children and adults who struggle with severe picky eating, restricting, bingeing, and emotional eating. Such approaches can be combined with talk therapy, when appropriate and depending on the participant's level of interest. A 5-day, intensive, family-based therapy program for adolescents with anorexia nervosa will be offered in the summer of 2009. The intensive program will bring families together for treatment of anorexia nervosa and will include supervised, therapeutic meals, multi-family group therapy, coaching and movement therapy. The goal of the program is to empower the *family* to learn the tools to fight the eating disorder *at home* and reduce the need for repeated hospitalizations. Woodland Forge also offers a *free* weekly support group for *parents* of individuals with an eating disorder. Both Dr. Davis and Dr. Gonçalves are also available to work with those who are struggling with other issues such as depression, anxiety, addiction, and relationship problems. Dr. Goncalves works with adults and couples and Dr. Davis primarily works with children, adolescents, and families.

3000 Valley Forge Circle • Suite G-11 • King of Prussia, PA 19406

(610) 337-7434

[info@woodlandforge.com](mailto:info@woodlandforge.com)

[www.woodlandforge.com](http://www.woodlandforge.com)

# INDIVIDUALS IN PRIVATE PRACTICE

## **Bui, Stephanie, M.D. Internal Medicine and Pediatrics**

Dr. Stephanie Bui and Dr. Janice Hillman have a primary care practice, PENNCare Adolescent and Young Adult Associates, that specializes in the care of young adults and adolescents. They have special interest in the care of eating disorder patients, both men and women ages 12-30 years old.

Dr. Stephanie Bui is Board Certified in both Internal Medicine and Pediatrics. She received her medical degree from the University of Pennsylvania and did her combined Internal Medicine/Pediatrics residency at Brown University in Rhode Island. Dr. Stephanie Bui is in private practice specializing in adolescents, young adults and disordered eating.

**PENNCare Adolescent & Young Adult Associates  
250 King of Prussia Road • Radnor, PA 19087 • (610) 902-2450**

## **Dean, Michelle L., M.A., A.T.R.-B.C., L.P.C. Board Certified Art Psychotherapist and Licensed Professional Counselor & Certified Group Psychotherapist**

Michelle L. Dean, MA, ATR-BC, LPC specializes in treating children, adolescents and adults who have eating disorders, relationship issues, self-injurious behaviors, somatic issues and are survivors of trauma in her private practice in Glenside, PA. Ms. Dean's warm and compassionate approach honors each person's unique concerns, struggles and triumphs. She draws from over a decade of experience, knowledge, and insight for her work with individuals, couples, families, and groups.

Ms. Dean is a nationally recognized educator and has been invited to speak on television, radio, at schools, colleges and numerous local and national conferences. Ms. Dean is the author of the children's book, *Taking Weight Problems to School* (JayJo Press, 2005) and the chapter, Preserving the self: Treating eating disordered individuals who self-injure with art therapy, which appears in the book: *The Creative Therapies and Eating Disorders*, edited by Stephanie L. Brooke (Charles C. Thomas Publisher, 2008). In addition to her practice, Ms. Dean has been an Adjunct Professor at Arcadia University since 1997. She is a supervisor for ATR and LPC candidates, and other clinicians wanting to further their knowledge about art therapy and the therapeutic uses of art, eating disorders, and other related topics. Ms. Dean is an approved continuing education provider for live workshops and distance-learning courses by the NBCC (#6302). Please see her website for more information.

**120 Stanley Avenue • Glenside, PA 19038  
(215)885-0642 x1  
michelleldean.mac@mac.com  
www.michelleldean.com**

**Erckert, Irene Marie, Ph.D.,  
Licensed Psychologist**

Private practice in Yardley, PA and in Lawrenceville, NJ. Individual, family and couples therapy for preadolescents - adults. Specializing in the treatment of eating disorders, body image, self-esteem, trauma and women's issues. Provides psychoeducational workshops and trainings for school personnel, therapists, coaches, students, and other professional organizations. Professional speaker on eating disorders and related topics. Available for supervision.

Formerly Adjunct Professor at Chestnut Hill College Masters in Counseling Program. Formerly, Assistant Program Director of Medical Center at Princeton Eating Disorders Program and therapist at the Renfrew Center. Currently a member of the Academy of Eating Disorders.

**90 West Afton Avenue  
Suite 202  
Yardley, PA 19067  
(215) 817-2291**

**2999 Princeton Pike  
Suite 5  
Lawrenceville, NJ 08648  
(609) 406-1754**

**Freed, Judy, L.C.S.W.  
Licensed Clinical Social Worker**

Individual, group, and couples therapy for adults, specializing in treatment of anorexia, bulimia, binge eating, compulsive/emotional eating, and body image concerns.

Ms. Freed has additional expertise in the integration of experiential techniques with verbal therapy, with a previous position as Experiential Therapist at the Renfrew Center. She incorporates imagery, movement, psychodrama, writing, and ritual into holistic mind-body-spirit approach to recovery. She is currently the Inpatient Therapist at the Belmont Center's Eating Disorder Program.

**6833 Wayne Avenue  
Philadelphia, PA 19119  
(215) 701-7013**

**341 W. Lancaster Avenue  
Haverford, PA 19041  
(215) 581-3969**

**Fuchs-Morton, Rhoda E., M.A., C.A.C., L.P.C.**  
**Licensed Professional Counselor and Certified Addictions Counselor**

**Services Provided and Treatment Philosophy:** Providing individual, family and group therapy, working in conjunction with nutritional counseling, medical monitoring and psychiatric services. Treat compulsive overeating and obesity, as well as anorexia and bulimia. The treatment focuses on eliminating the eating disorder behaviors and addressing the underlying psychological issues; creating and utilizing support systems for both the client and family members, and utilizing both family and other interpersonal resources to support the recovery process. The therapist acts as a "manager of treatment" coordinating the use of the above mentioned disciplines to provide the client with enough treatment and support to both eliminate the eating disorder behaviors as well as learn how to live symptom free. *Individual, group and family therapy is covered by insurance.* The following groups are offered in a 12 week format 4 times per year (starting Jan., April, July, Oct.): Managing Depression, managing Anxiety; DBT; Recovery from an Eating Disorder; and Recovery from Substance Abuse and a Mood Disorder.

**Experience and Background:** Trained Family Therapist (Associate member of the American Association of Marriage and Family Therapy), Certified Addictions Counselor and Licensed Professional Counselor. Former Family Therapist at the Rader Institute coordinating and providing the family treatment on an inpatient eating disorders unit; former inpatient and outpatient therapist at the Renfrew Center providing individual, family and group therapy. Extensive experience treating alcohol and drug addiction.

431 Old York Road • Jenkintown, PA 19046  
(267) 303-4189

**Grey, William, Psy.D., N.C.PsyA.**  
**Licensed Psychologist and Psychoanalyst**

Dr. Grey uses a multi-disciplinary approach for men, women and adolescents with a wide variety of eating disorders including compulsive overeating, anorexia and bulimia. He has an extensive background in treating athletes, as well as members of the gay and lesbian community.

Through individual, family and group therapy, Dr. Grey helps patients examine the emotions that fuel eating disorders. He assists patients in tolerating uncomfortable feelings without resorting to symptom use. Dr. Grey uses humor and empathy to promote the release of aggression that frequently lies at the heart of addictions. He is a trainer and educator, as well as a former family and individual therapist at the Renfrew Center.

**The Philadelphia Consultation Center**  
313 S. 16th Street  
Philadelphia, PA 19103  
(215) 300-3850  
wjgrey@dca.net

**Herrman, Candance, M.S.S., L.C.S.W.**  
**Licensed Clinical Social Worker**

Provides individual, couples and family therapy for adolescents and adults with eating disorders and body image concerns. Specialized focus on the psychology of women, anxiety, depression, trauma and the relational and family issues often associated with eating disorders. Nutritional and psychiatric referrals are available as needed.

Previous positions include Assistant Vice President of Outpatient Services for The Renfrew Center; Program Director of the Eating Disorder Program, Belmont Center for Comprehensive Treatment; Hospital Director for KidsPeace Hospital for Kids in Crisis; and director of Children's Behavioral Health, Valley Youth House, Allentown.

**Regency Towers**  
**Suite 1F**  
**1600 Lehigh Parkway East**  
**Allentown, PA 18103**  
**(610) 462-3060**

**Hillman, Janice, M.D.,**  
**Internist**

Dr. Hillman and Dr. Stephanie Bui have a primary care practice, PENNCare Adolescent and Young Adult Associates, that specializes in the care of young adults and adolescents. They have a special interest in the care of eating disorder patients, both men and women ages 12-30 years old.

Dr. Janice Hillman is one of 60 internists Board Certified in both Internal Medicine and Adolescent Medicine. She received her medical degree from Cornell University Medical College and did her residency at the University of Pennsylvania. Dr. Hillman practiced for 9 years at PENN College Health and she has been in private practice for 15 years, specializing in adolescent, young adults and disordered eating.

**PENNCare Adolescent & Young Adult Associates**  
**250 King of Prussia Road • Radnor, PA 19087 • (610) 902-2450**

**Ice, Susan, M.D.,  
Psychiatrist**

Having directed an eating disorders programs for the last 24 years, Dr. Ice is an expert in the diagnosis and treatment of eating disorders in patients from adolescence to older adult. She works closely with the treatment team, allied healthcare professionals, and family. The treatment may include individual and/or family psychotherapy, and medication, if needed; her psychotherapeutic approach is symptom-focused, dynamic, and/or systemic, depending on the needs of the individual patient. She is ABPN certified in adult psychiatry and ASAP board certified in adolescent psychiatry. Her particular interest is in the family treatment of adolescents with eating disorders – particularly anorexia nervosa.

Past Medical Director of the Eating Disorders Program, Belmont Center for Comprehensive Treatment. Current Vice President and Medical Director, The Renfrew Center of Philadelphia. Assistant Clinical Professor of Psychiatry, Temple University School of Medicine. Distinguished Fellow of the American Psychiatric Association.

**The Renfrew Center  
475 Spring Lane  
Philadelphia, PA 19128  
(215) 254-1636**

**Kaplan, Rosalind, M.D.,  
Internist**

Dr. Rosalind Kaplan is board-certified in Internal Medicine and has a special interest in women's health and eating disorders. She graduated from University of Pennsylvania School of Medicine and did her post-graduate training at Temple University Hospital. She is a medical consultant to The Renfrew Center in Philadelphia and to the Center for Weight and Eating Disorders at the University of Pennsylvania and currently practices in Haverford in private practice.

**551 W. Lancaster Avenue  
Suite 302  
Haverford, PA 19041  
(610) 527-2909**

**MacMoran, Caroline C., Ph.D.**

Individual, couple and family therapy. Specializes in treatment of eating disorders, and issues of adoption. Trained in individual assessment, human development and family therapy. Clinical Member of the Academy of Eating Disorders, and EMDR Trained Clinician.

264 S. Van Pelt Street  
Philadelphia, PA 19103  
(215) 546-2327

The Brandywine Center  
2500 Grubb Road, Suite 240  
Wilmington, DE 19810  
(302) 475-1880 push #3  
[www.brandywinecenter.com](http://www.brandywinecenter.com)

**Poppel, Amy, L.C.S.W.,  
Licensed Clinical Social Worker**

Amy Poppel is the founder of The Athena Center, a private multi-disciplinary practice specializing in the treatment of eating disorders. The Athena Center offers individual, group and family therapy for adolescent girls and women ages 13 and up. Utilizing a strengths-based approach, Amy provides a compassionate, non-judgmental environment that facilitates healing and growth.

The Athena Center also offers Intensive Outpatient Services for those struggling with eating problems. The IOP focuses on helping individuals to stabilize symptom use while concurrently teaching participants effective skills for coping with emotions. An evening meal is provided along with experimental opportunities such as meal preparation and family meal support.

Other services available at The Athena Center include psychiatric medication evaluation and management, nutritional therapy and dance/movement therapy

The Athena Center  
1501 Lower State Road  
North Wales, PA 19454  
(215) 716-3120  
[www.athenacenter.com](http://www.athenacenter.com)

**Post, Gail, Ph.D.,  
Licensed Psychologist**

Licensed psychologist providing individual, couples, family and group therapy for over 25 years in the treatment of anorexia, bulimia, compulsive overeating, obesity and body image concerns. Specialized focus on the psychology of women, anxiety, depression, survivors of abuse and the relational and family issues often associated with eating disorders.

Previous positions include Senior Psychologist and Director of Group Psychotherapy at The Renfrew Center; and Director of Psychology and Coordinator of Psychological Services for Obesity Treatment at St. Vincent Charity Hospital in Cleveland, Ohio.

711 West Avenue, Suite 2  
Jenkintown, PA 19046  
(215) 884-9260  
gkpost@verizon.net

**Ratner, Kathryn, MSW, ACSW, LCSW, BCD**

Individual, family and group psychotherapy for adolescents and adults coping with eating disorders. Formerly the family therapist at Graduate Hospital's Eating Disorder unit, she has been in private practice since 1992. Collaboration is frequently a cornerstone of successful treatment, therefore a team approach which includes the therapist, nutritionist and physician is emphasized. Kathryn often provides workshops on identifying and treating eating disorders.

14 S. Bryn Mawr Avenue  
Suite 205  
Bryn Mawr, PA 19010  
(610) 520-0804  
KRatner@aol.com

**Scher, Karyn L., Ph.D.,  
Licensed Psychologist**

Individual, family and group psychotherapy on an outpatient basis.

Psychological evaluations and referrals. Specializing in treatment of individuals with eating disorders and survivors of sexual abuse including EMDR. Training and supervision for clinicians treating individuals with eating disorders.

**191 Presidential Boulevard, Suite 113  
Bala Cynwyd, PA 19004  
(610) 668-9189  
karynLs@comcast.net**

**Shanken, Phyliss, M.A.,  
Licensed Psychologist  
Director of Psychological Services at INTROSPECT of BuxMont**

Phyliss Shanken is a licensed psychologist and Director of Psychological Services at INTROSPECT of BuxMont. She specializes in psychotherapeutic treatment of adolescents and adults in individual, group, couples and family psychotherapy: anxiety, depression, eating disorders, pain management, relationships, self-esteem & confidence and stress. She is founder of INTROSPECT's Food Abuse programs, and has developed a fresh approach to the treatment of eating disorders which combines insight, metaphor, group dynamics and relationship-oriented psychotherapy in an extensive outpatient setting.

She collaborates extensively with physicians and with INTROSPECT's dietician to design an outpatient treatment team. The goal is for patients to reach successful outcomes without having to be hospitalized or enrolled in partial hospital programs.

Phyliss Shanken designed INTROSPECT's Eating Obsessions Quiz. She has conducted staff development training and lectured on eating disorders at such facilities as Renfrew Center, Belmont, and others.

Phyliss Shanken is author of the book, *Silhouettes of Woman* and *Laughter is a Stressbuster*. She is a contributor to the anthology, *From Eulogy to Joy*, has been published in numerous psychological, review and literary journals, has received literary awards and has been a newspaper columnist. She wrote about diversity issues in her monthly column, *Grassroots*, which appeared in *Next Step: A Magazine About People Coming Together*.

**2321 North Broad Street  
Colmar, PA 18915  
(215) 997-9596  
pshanken@comcast.net  
www.introspectcare.com**

**Shar, Cynthia, M.Ed.,  
Licensed Psychologist**

Individual, couple and family psychotherapy for the treatment of anorexia, bulimia, and compulsive overeating with emphasis on eating disorders in adult women. Particular expertise on working with those who struggle with binge eating, emotional eating, compulsive dieting and body image disturbances. I provide support and guidance for women learning to trust their hunger and making peace with food.

Over 25 years of experience with eating disorders and women's issues including adult development issues, relationship difficulties and enhancing self esteem.

Founder of The University of New Hampshire Eating Disorder Program; former Director of The Women's Center at The Belmont Center. Medical, nutritional and psychiatric supports are available as needed.

**Bala Psychological Resources  
1 Bala Avenue, Suite 110  
Bala Cynwyd, PA 19004  
(610) 667-5306 or (610) 667-4804  
[www.balapsych.com](http://www.balapsych.com)**

**Silbertrust, Dea, Ph.D.,  
Licensed Psychologist**

I work with clients of all ages from preteens through older adults in individual and/or family therapy. Evaluation and treatment is provided for the full span of eating concerns including anorexia, bulimia, binge eating and body image issues.

Additional specialties include mindfulness in psychotherapy, depression, psychological aspects of trauma and relationship concerns. I work closely with physicians, nutritionists and psychiatrists as needed.

Prior positions include Associate Director of The Women's Center of The Belmont Center (providing outpatient services for the eating disorders program) and Staff Psychologist at Graduate Hospital's Eating Disorder Program.

**Bala Psychological Resources  
1 Bala Avenue, Suite 110 • Bala Cynwyd, PA 19004  
(610) 667-5328 or (610) 667-4804  
[www.balapsych.com](http://www.balapsych.com)  
[www.deasilbertrust.com](http://www.deasilbertrust.com)**

**Tuttle, Amy, RD, L.C.S.W.,  
Registered Dietician and Licensed Clinical Social Worker**

Amy Tuttle and her colleagues at **Valley Green Counseling Associates** offer mindfulness-based practices and a team approach to **help you**: resolve eating disorders and dieting dilemmas, restore body trust and improve body image, enhance self-acceptance and self-care, repair relationships, and feed your family confidently while maintaining your child's innate eating competency.

- Workshops, groups and individual nutrition and psychotherapy for adults as well as children and their families
- Training and supervision for professionals and institutions
- Self and body esteem focused eating disorder prevention talks and programs for schools and community

Formerly Director of Nutrition Services at The Philadelphia Renfrew Center, Amy provided program development for the Intensive Outpatient Program, Mealtime Support Therapy and Body Balance programs.

**Chestnut Hill, PA • Center City • Main Line  
(215) 248-9770  
info@valleygreencounseling.com  
www.valleygreencounseling.com**

**Vergara, Tacie L., Psy.D.  
Licensed Psychologist**

Dr. Tacie Vergara is a licensed psychologist who specializes in the treatment of women in midlife with eating disorders and complex posttraumatic stress, She also has extensive experience providing mental health services for members of the gay and lesbian community. She provides individual, couples, family and group psychotherapy. Additional services include psychological assessment, level of care determination. consultation and supervision.

Dr. Vergara has post graduate training and certification in Gestalt Psychotherapy, Imago Relationship Therapy, Systems Centered Training, Mindfulness Based Stress Reduction, and Dialectical Behavioral Therapy. She did her post doctorate training at the Renfrew Center and subsequently worked at Renfrew as a clinical supervisor.

Dr. Vergara's treatment philosophy is best expressed by the following: People move toward wellness when their mind, body and spirit are adequately nurtured and as they become increasingly capable of authentic connection with themselves and others. She describes herself as a mindfulness based relational psychotherapist.

**8431 Germantown Avenue • 2nd Floor  
Philadelphia, PA 19118  
(215) 247-9555**

## **Young, Colleen K., R.D.**

A Registered Dietitian who has specialized in treatment of anorexia, bulimia, binge eating, compulsive eating, and overeating. Treatment emphasis is the integration of healthy balanced eating. Nutrition therapy sessions encourage and reinforce new eating patterns to replace former symptoms and eating misconceptions.

Colleen was the creator and Director of the Nutrition Program at the Renfrew Center for eight years and a consultant to the Eating Disorder Program of the Belmont Center for Comprehensive Treatment for seven years. Presently, she is part of the Eating Concern's Team at the University of Pennsylvania, Student Health Services and is available for private nutrition counseling for adolescents, women and men.

Accepts Independent Blue Cross for Personal Choice Keystone East Health Plan.

**Arbor Counseling Center**  
**114 Forrest Avenue • Narberth, PA 19072**  
**(610) 664-5858**  
**cky@netreach.net**

# ALPHABETICAL PROFESSIONAL LIST

<b>A</b>	
Arbor Counseling Center	.9, 22
Athena Center, The	.17
<b>B</b>	
Bala Psychological Resources	.20
Belmont Center for Comprehensive Treatment	.3, 6
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Davis, Ellen, Ph.D	.11
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Food Abuse Center of INTROSPECT	.11
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Fuchs-Morton, Rhoda E., MA, CAC, LPC	.14
<b>G</b>	
Gonçalves, Alex, Ph.D	.11
Graves, Janet, RN.	.7, 8
Grey, William, Psy.D., N.C.PsyA.	.14
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Ice, Susan, MD	.10, 16
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Kaplan, Rosalind, MD	.16
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# PROFESSIONAL LIST BY AREA

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Hillman, Janice, MD	12, 15
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<b>Wilmington, DE</b>	
Brandywine Center	17
MacMoran, Caroline C., Ph.D.	17
<b>Yardley</b>	
Erkert, Irene Marie, Ph.D.	13