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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 2007

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

- January 27
- February 24
- March 24
- April 28
- May 19
- June 23
- July 28
- August 25
- September 29
- October 27
- November 17
- December 22

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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 Cenetr 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.SEPT.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.

Program Director:
Julia Rafsky, Ph.D.
(215) 581-5490

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.

Our program philosophy is that people with eating disorders need help in two key areas in order to begin their eating disorder recovery: (1) nutritional rehabilitation, and (2) working on understanding the psychological underpinnings of the eating disorder. Nutritional rehabilitation involves helping people to normalize their food intake. To achieve this, all patients have an assessment with a dietician and have three supervised meals and a snack each day. There is also nutrition therapy, a meal planning group, and a cooking or restaurant group.

The second focus of our program is to help patients get a better understanding of the emotional reasons for their difficulties with food, weight, and body image so they can begin to contemplate healthier, more fulfilling alternatives in their lives. To help patients begin to identify and explore their psychological needs, we offer a range of therapeutic modalities including: daily meetings with a psychiatrist, family therapy, group therapy, movement therapy, art therapy, and after meal support groups. To ensure patients' physical wellbeing, all patients also receive a medical evaluation and medical monitoring. As part of the Albert Einstein Healthcare Network, access to medical specialists is readily available.

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.

Eating Disorders/Substance Abuse Track: Individuals who struggle with substance abuse, in addition to their eating disorder symptoms, have access to programming for drug and alcohol abuse issues on Belmont's dual diagnosis program. Patients are assessed for this track on an individual basis.

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. Julia Rafsky at 215•581•5490.
You can also visit our website at www.einstein.edu/belmont

4200 Monument Avenue • Philadelphia, PA 19131

The Eating Disorders Program at Friends Hospital

Medical Director:
Michael Pertschuk, M.D.
215-831-5367

Program Director:
Denise Montgomery, R.N.
215-831-4600

Intake Coordinator:
Janet Graves, R.N.
215-831-7845

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

Eating Disorders Treatment Centers

Medical Director:
Michael Pertschuk, M.D.

Program Manager:
Janet Graves, R.N.

Intake Coordinators:
Jennie Rolon
856-810-0100
Mariellen Velez
215-364-7800

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, certifies 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) 364-7800

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

The Renfrew Center

Medical Director: • Susan Ice, M.D. • (Philadelphia)

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.

Philadelphia/Spring Lane — 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. In addition, two Multi-Family Support Groups are held weekly for family members interested in supporting their loved ones; while our unique program for adolescents addresses the specific needs of girls ages 14 to 18 who are still in school.

The Philadelphia campus also offers an *Extended Care Program* designed specifically for individuals stepping down from intensive treatment for an eating disorder. “*Renfrew House*”, a brand new 16-bed, home-like facility provides program participants with the support and life skills counseling needed to transition back into everyday life.

Philadelphia/Ridge Avenue and Bryn Mawr — Day treatment is offered and is designed for women leaving Residential Treatment who require additional structure in order to continue their recovery, or for clients whose clinical condition does not require acute residential care but who can benefit from an intensive partial program. Intensive Outpatient Programs are offered, as well as individual, group, family and couples therapy, psychiatric consultation and nutritional counseling.

Our programs are internationally recognized and serve women from the age of 14 to adulthood. As with many women who suffer from eating disorders, their struggles may involve other problems such as anxiety, depression, chemical dependency, post-traumatic stress or dissociation. The Renfrew Center has earned a prominent reputation for excellence in the treatment of these disorders as well.

Renfrew offers residential and outpatient treatment in Coconut Creek, FL. Additionally, outpatient services are available in New York, New Jersey, Connecticut, North Carolina and Tennessee. While no two centers are completely alike, all of our facilities have comfortable, non-institutional, peaceful environments.

Our knowledgeable and caring staff will answer your questions about programs, facilities and insurance while maintaining your confidentiality. For additional information and resources, visit our website at www.renfrewcenter.com. The Renfrew Center is accredited by JCAHO.

Philadelphia/Spring Lane
475 Spring Lane
Philadelphia, PA 19128

Philadelphia/Ridge Pike
8945 Rear Ridge Ave.
Philadelphia, PA 19218

Bryn Mawr
735 Old Lancaster Road
Bryn Mawr, PA 19010

The Renfrew Center Foundation

The Renfrew Center Foundation works to advance the education, prevention, research and treatment of eating disorders. This nonprofit organization grew from the work of The Renfrew Center. The association between The Renfrew Foundation & Center allows an ongoing connection among individuals struggling with eating disorders, their families and friends, mental health professionals and community leaders. To learn more about The Renfrew Center Foundation, visit www.renfrew.org or call 1-800-RENFREW.

GROUP PRACTICES

Arbor Counseling Center

Therapists:

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

*Terry Brown, M.A.
Licensed Psychologist*

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

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 Food Abuse Center of INTROSPECT

Directors:

*Phylliss Shanken, M.A.,
Psychologist*

*Williard J. Shanken, M.D.,
Psychiatrist*

The Food Abuse Center of INTROSPECT is intended for those suffering from anorexia, bulimia, compulsive eating and the family and friends who care about them.

The Food Abuse Center is NOT a diet center. Although controlling weight is often a goal for clients, understanding the feelings that underlie a food abuse problem is the key to successful treatment. Treatment includes individual and group therapy, nutritional counseling and medications consultation. Participants can discover and overcome the blocks to maintaining a healthy body image.

Extended seminars and workshops on eating disorders, body image and women's issues are also available regularly, and are open to the community.

INTROSPECT is a private practice outpatient facility emphasizing the personal approach to understanding emotional and life adjustment problems. Its staff consists of licensed psychologists, psychiatrists, counselors and social workers.

**2321 North Broad Street • Colmar, PA 18915 • 215-997-3600
Ask for information on INTROSPECT's Eating Disorders Programs**

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

Davis, Ellen, Ph.D. **Licensed Psychologist**

Licensed psychologist providing individual, group, and couples therapy for adult women with eating disorders. Provides therapy for girls and boys age six through adolescence who struggle with eating concerns and body image issues. Provides therapy for young people via family, individual and group therapy. Works with parents by offering education and support and acts as a consultant to school professionals working with these children. Developed technique called "Conscious Eating" which helps clients learn to trust their hunger and break the cycle of overeating and restricting.

Philosophy is a respectful, strengths based approach in which the client is viewed as inherently capable of healing by becoming willing to access the support of relationships, explore the meaning of symptoms in their lives, and challenge themselves to "do something different".

Has 15 years of experience as a psychotherapist. Previously, the Clinical Director of the Renfrew Center from 1998-2002. Has provided numerous workshops on the topic of eating disorders to professionals, parents and students. Very interested in the prevention and treatment of compulsive overeating, low self-esteem, and body image issues in girls and young women.

114 Crockett Road • King of Prussia, PA 19406
(610)337-7434

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

Michelle L. Dean, MA, ATR-BC, LPC specializes in treating individuals who have eating disorders, self-injurious behaviors, survivors of trauma and other somatic issues 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 insights for her work with individuals, couples, families, and groups.

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: *Creative Arts Therapies With People With Eating Disorders*, edited by Stephanie L. Brooke (Charles C. Thomas Publisher, due out 2007). In addition to her practice, Ms. Dean is an Adjunct Professor at Arcadia University, where she has instructed undergraduate art therapy courses 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 provides professional continuing education workshops and home-study courses as an approved continuing education provider (please see her website for more information).

120 Stanley Avenue • Glenside, PA
(215)885-0642 x1
michelledean.mac@mac.com
<http://web.mac.com/michelledean.mac/iWeb/Site/Welcome.html>

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

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 most major insurance plans.* Sliding scale fee available for individuals and families with financial need.

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
(215) 663-1635

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) 732-8244

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**

Comprehensive evaluation and level of care assessments involving close collaboration with treatment team/other health care professionals. Eclectic and flexible psychotherapeutic approach to include individuals, couples, families that may include psychopharmacologic management. Special expertise and long experience in the treatment of eating disorders, particularly among adolescents. ABPN certified in adult psychiatry. ASAP board certified in adolescent psychiatry.

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.

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

The Renfrew Center of Bryn Mawr
735 Old Lancaster Avenue
Bryn Mawr, PA 19010
(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

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

Licensed psychologist and certified group psychotherapist providing individual, couples, family and group therapy for women with 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.com

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**

**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. Training and supervision for clinicians treating individuals with eating disorders.

**191 Presidential Boulevard • Suite 113 • Bala Cynwyd, PA 19004
(610) 668-9189**

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

Individual, couple and family psychotherapy for the treatment of anorexia, bulimia, and compulsive overeating. Over twenty years of experience with eating disorders and women's issues including adult development issues, relationship difficulties and 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 referrals 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**

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

Individual, family, and group psychotherapy with preteens through adults. Evaluation and treatment provided for the full span of eating concerns including anorexia, bulimia, binge eating and body image issues. Currently running on-going eating disorders group for women 30 and over.

Additional specialties include mindfulness in psychotherapy, depression, psychological aspects of trauma and relationship concerns. Works 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**

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

Amy Tuttle and Associates provide individual and group psychotherapy and nutrition therapy for children, families, adolescents, men and women. Specialty: eating problems of anorexia, bulimia and overeating. Team approach supports recovery to confident, joyful eating, enhanced self-care and restored self and body esteem.

Other services:

- Workshops, retreats and groups on self-care and body acceptance with nutritionists, psychotherapists and healing arts therapists
- Non-diet approach training and supervision for professionals and institutions
- Community and school eating disorder prevention and self/body esteem programs.

Past positions: Director of Nutrition Services at The Philadelphia Renfrew Center where she provided individual and group nutrition therapy as well as program development for the Intensive Outpatient Program, Mealtime Support Therapy and Body Balance programs.

**Offices:
Chestnut Hill, PA • Center City • Main Line
(215) 248-9770
amyt@nourishingconnections.com
www.nourishingconnections.com**

**Vergara, Tacie L., LCSW, 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. She also coordinated their inpatient Thirty Something and Beyond (TSAB) programming.

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.

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

ALPHABETICAL PROFESSIONAL LIST

A	Arbor Counseling Center10, 21	K	Kaplan, Rosalind, MD16
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