



Compassion | Respect | Empowerment

Client Population:

- Men and Women age 16+ with a primary diagnosis of eating disorder

What We Treat:

- Anorexia
- Bulimia
- Binge Eating Disorder
- OSFED

Co-Occurring Diagnoses:

- Anxiety / OCD
- PTSD / Trauma
- Addictions
- Depression

1268 St. Paul Rd.
Ballwin, MO 63021
info@castlewoodtc.com

Day Treatment Program

- Flexible program hours to allow for work, school and/ or time with family
- Transitional living and transportation available
- 2-3 weekly individual therapy sessions
- 1 weekly individual psychiatric session
- 1-2 weekly individual dietetic sessions
- Adjunctive Anxiety/ OCD Exposure and Response Prevention sessions as needed
- Adjunctive chemical dependency and art therapy sessions as needed
- Up to 12 hours of programming per day
- 2-3 staff supported meals and post meal processing
- Staff supported snacks as deemed by your individualized meal plan
- Customized meal challenges with meal and cooking exposure opportunities
- A small therapeutic community
- Level system that allows for increasing autonomy with continuing support
- Excellent aftercare programming, including our 6 month alumni follow up program
- Customized weekly treatment plan
- Daily monitored weight and vitals signs
- Family therapy and participation in family week

Insurance

- Aetna, BCBS, Cigna, CompPsych, Healthlink, Humana, Magellan, Multiplan, Value Options
- We can obtain single case agreements or work out of network with many other private insurance companies

Our Approach

CBT | DBT | Exposure & Response Prevention | Attachment Based Therapy | EMDR | Expressive Therapies
Life Coaching | Internal Family Systems | Family Therapy

**FREE ASSESSMENTS AVAILABLE DAILY
CALL OUR INTAKE DEPARTMENT TODAY!
1.888.822.8938**



“ This is a unique program unlike any in the united states. It caters to the individual's needs and is multi-faceted with groups like expressive therapy and adjunctive therapy work that goes above and beyond anything I've ever experienced. I feel blessed and honored to be a part of this program and feel grateful for all that I have learned and worked through. ”

– A.E. Castlewood Alumnus



Treatment Center for Eating Disorders
ST. LOUIS, MO



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1855 Bowles Ave Suite 210
Fenton, MO 63026
info@castlewoodtc.com

Intensive Outpatient Services

- Flexible programming to allow for school and work
- Programming up to 5 days per week
- 1 staff supported meal daily
- 1-2 weekly individual therapy sessions
- 1 dietetic session every week
- Adjunctive life skills sessions
- A small therapeutic community
- Level system that allows for increasing autonomy with continuing support
- Excellent aftercare programming, including our 6 month alumni follow up program
- Customized weekly treatment plan

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“ The fact that Castlewood’s IOP starts out five days a week and tapers down is very beneficial and helped a lot in my process. It allowed me to do the work that needed to be done, learn how to live in the world, maintain a job, learn the life skills, etc. and then be able to come back to a safe environment to process it. ”

– Castlewood Alumni