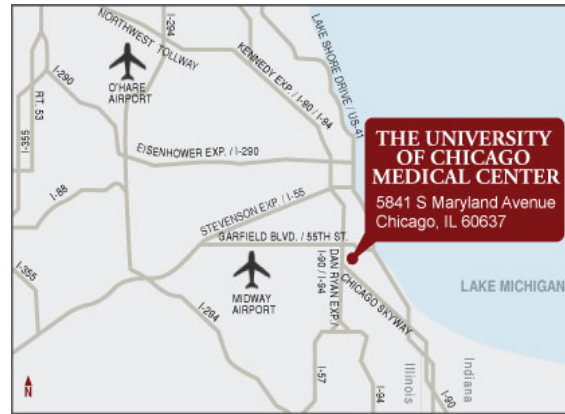


## Evidence-Based Treatment

At the University of Chicago Eating Disorders Program, we practice evidence-based treatment. This means that we provide forms of psychotherapy that have been found to be effective in research studies.

Our interdisciplinary team includes psychologists, social workers, and psychiatrists, many of whom are involved in ongoing research studies where the primary focus is on improving our understanding of eating disorders and their treatment. We work together to provide individualized patient care based on the most current treatment guidelines and advances in eating disorders research.



## How to Contact Us?

Street: Eating Disorders Program  
The University of Chicago Medicine  
Department of Psychiatry and  
Behavioral Neuroscience  
5841 S. Maryland Ave. MC 3077  
Chicago, IL 60637

Phone: (773) 834-0362

Web: <https://psychiatry.uchicago.edu/>  
[www.facebook.com/UofCEatingDisordersProgram/](https://www.facebook.com/UofCEatingDisordersProgram/)

Please visit our website for clinic directions



# Eating Disorders Program

Phone: (773) 834-0362

## What is an Eating Disorder?



Eating disorders are disturbances in attitude and behavior relating to eating, weight, shape, or body image. These disorders include, but are not limited to: Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, and Avoidant Restrictive Food Intake Disorder. They affect adults, adolescents, and even children.

Eating disorders are complex and often linked to problems with self-image, mood, and interpersonal functioning. Eating disorders differ from ordinary dieting or occasional changes in eating patterns. Eating disorders are characterized by maladaptive eating behaviors or efforts to control body weight that interfere with physical health and psychosocial well-being.

## Treatment in Our Program

The University of Chicago Eating Disorders Program is recognized internationally as a leader in eating disorders treatment and research. Our comprehensive outpatient program provides state-of-the-art assessment and treatment services to children, adolescents, and adults with a broad range of eating- and weight-related problems. These include:

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Avoidant Restrictive Food Intake Disorder
- Purging Disorder
- Atypical Eating Disorders

### Clinical Services

The University of Chicago Eating Disorders Program provides outpatient services to individuals with eating disorders, which include:

- Diagnostic evaluations
- Individual therapy and/or family therapy
- Parent participation in the treatment of children and adolescents
- Psychiatric consultation
- Medication management
- Medical monitoring

## Beginning Treatment

Before starting treatment, all patients complete a diagnostic interview to assess eating disorder symptoms, other co-occurring problems, medical and mental health history, and interpersonal functioning.

Patients that meet the criteria for the program will be assigned to a therapist who will begin a course of treatment lasting 6 to 12 months, depending on the severity of the disorder and treatment progress. Therapy sessions occur 1-2 times per week and typically last 50 minutes.

### Our Team

Jennifer Wildes, Ph.D. – Director  
Seeba Anam, M.D. – Medical Director  
Sophia Todorov, B.S. – Clinic Coordinator  
Nicole Gauthier, M.A., LCSW – Therapist  
Maggie Ruble, M.A., LCSW – Therapist  
Heather Davis, PhD – Postdoctoral Fellow  
Irina Vanzhula, M.S. – Psychology Intern  
Matthew Murray, M.S. – Psychology Extern

\*For a full list of our staff, please visit our website