



About Rosewood Centers for Eating Disorders – Tempe Outpatient Center

Rosewood Centers for Eating Disorders – Tempe Outpatient Center offers personalized treatment for adults and adolescents with anorexia, bulimia, binge eating and co-occurring disorders.

Our outpatient programs are provided in a comfortable, supportive environment by a team of multidisciplinary experts including doctorate-level psychologists, therapists, counselors and dieticians, with oversight from our board-certified physicians. To restore their health, patients learn to incorporate nutrition and holistic approaches into their daily routine. Our programs are designed to treat the whole person, including underlying conditions such as substance abuse, trauma, anxiety and depression to achieve a lasting recovery.

Rosewood Tempe is part of Rosewood Centers for Eating Disorders, an internationally respected, comprehensive treatment program. We offer a full range of eating disorders treatment within a seamless continuum of care, including acute inpatient, residential, partial hospitalization, intensive outpatient, outpatient and transitional living.



ROSEWOOD®
CENTERS FOR EATING DISORDERS
TEMPE

(844) 676-0472

RosewoodTempe.com



Introducing the RiverMend Health Portfolio of Recovery Programs

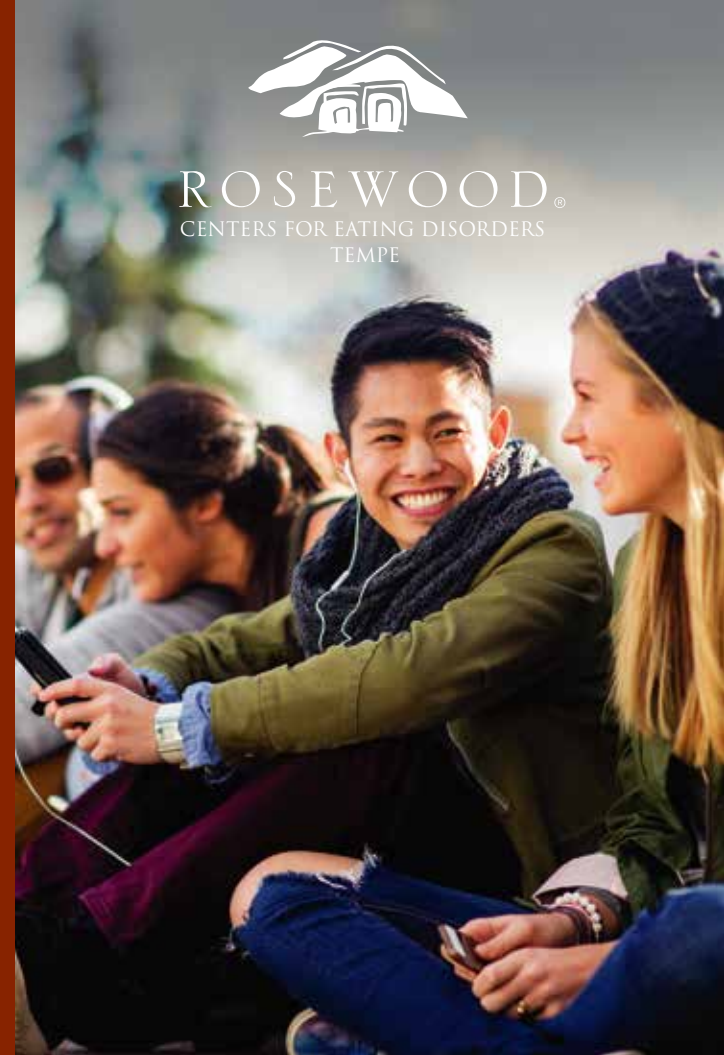
Rosewood Centers for Eating Disorders – Tempe Outpatient Center is a member of the RiverMend Health portfolio of recovery programs. Founded on the belief that addiction, eating disorders and co-occurring mental health disorders are the nation's most pressing healthcare challenges, we bring together the world's preeminent experts, leading academic partnerships and a nationwide network of recovery programs to conduct evidence-based treatment, research and education.



A RiverMend Health Recovery Program



ROSEWOOD®
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Providing Hope,
Compassion and Healing

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Levels of Care

Intensive Outpatient Program (IOP)

Our Intensive Outpatient Program (IOP) teaches healthy coping skills, rebuilds self-esteem and addresses underlying issues to help patients achieve lifelong recovery from eating disorders. IOP incorporates a sensitive and effective nutrition program that includes opportunities for patients to practice the skills learned in therapy in real life, including how to prepare meals, order in restaurants and function in social eating situations.

- Individual and group therapy, three days a week.
- Separate programs for adults and adolescents.
- Family and multi-family group therapy to foster healing and help family members learn how to support their loved one in recovery.
- Evening hours allow patients to continue to work or go to school while in treatment.
- Coordinated relapse prevention, including a vibrant alumni program for ongoing support and friendship.

IOP may serve as an entry point for eating disorders treatment, or a step down from inpatient or residential care.

Outpatient Services

Rosewood Tempe also offers counseling and psychiatric services on an outpatient basis for patients struggling with eating disorders and co-occurring conditions such as depression, anxiety, post-traumatic stress disorder, behavioral problems or addiction, or who are struggling with family or relationship conflicts.

Outpatient services include both individual and group therapy, and may serve as an entry point for treatment or a step down from a more intensive level of care.

Programs & Services

Nutrition Programs

Our registered dietitians conduct a comprehensive nutrition evaluation and provide customized meal plans that reflect patient preferences and needs.

A Variety of Proven Therapies

Our clinicians use a variety of treatment strategies, including: nutritional education and counseling; dialectical and cognitive behavior therapy; mindful eating and trauma recovery work to help patients gain insights about themselves, manage co-occurring conditions and build self-esteem and confidence.

Experiential Modalities

Experiential therapies such as meal planning and cooking classes, grocery shopping and restaurant visits offer the chance to put the skills learned in therapy to use in the real world. Yoga and movement therapy alleviate anxiety and relieve stress.

Family Involvement & Healing

We work closely with families, partners and close friends to help them understand eating disorders and learn how to best support their loved one in recovery.

Support Groups & Group Therapy

Group settings provide safe and supportive environments to exchange information, share experiences and connect with others.



Rosewood is in-network for most insurance plans.
Please call us at (844) 676-0472 to verify benefits
and have all of your questions answered.

