We are a Washington Non-Profit Organization. INCED is comprised of local professional and community members who all have a vested interest in the area of Eating Disorders. We combine the passionate efforts of individuals to form a united group that can make a difference.

INCED@comcast.net

Eating Disorder Resource Guide

All referral sources state that they adhere to the American Psychiatric Association (APA) guidelines, which utilize the multi-disciplinary approach to the treatment of eating disorders. This includes treatment from therapists, registered dieticians, and medical providers. For additional information regarding these guidelines, please visit http://www.psych.org/psych_pract/treatg/pg/prac_guide.cfm.

Therapists:

- **Dee Myers, MS, LMHC**
  910 N. Washington, Ste 211
  Spokane, WA 99201
  (509) 448-5996
  Fax # (509) 325-4988
  Sees clients 10 years of age & older
  **Services Provided:** Individual therapy, Family therapy, & Group therapy
  **Other services provided:** Treating adolescents and adults to regain a healthy relationship with food by resolving underlying issues
  **Accepted Payment:** First Choice, Asuris, Beechstreet, Group Health, PHCO, Premera, Regence Blue Shield, Tricare, Uniform, Cash

- **Monique DesChane, MA, CRS, LMHC**
  1014 N Pines Rd, Ste 210A
  Spokane, WA 99206
  (509) 922-6174 Cell # 953-5052
  Fax# (509) 922-6397
  Sees clients of all ages
  **Services Provided:** Individual therapy, Family/Couples therapy, and Group therapy
  **Services Provided:** Specialize in treating eating disorders, utilizing a multidisciplinary approach.
  **Other services provided:** Domestic Violence; Sexual, Emotional, & Verbal Abuse; Depression; Anxiety; OCD; Trauma Recovery, Biblical Perspective(upon request)
  **Accepted Payment:** First Choice, Asuris, Cash/Check, all other insurance accepted as out of network provider.
Christian Counseling
500 W. Spruce
Spokane, WA 99201
(509) 996-2211
Fax (509) 996-2212
Sees clients of all ages
Services Provided: Individual therapy, Family therapy, Group therapy,
Other Services Provided: Treatment of Post Traumatic Stress Disorder, Law
Enforcement (Officers involved in critical incidents), and Couples Therapy
Accepted Payments: First Choice, Asuris, Champus, PHCO, Premera, Cash
Cheri Osler, Ed.D, MS, RN, MA, LMHC, NCC
703 W. 7th Ave
Spokane, WA 99204
(509) 869-5050
Fax (509) 443-6197
Email: osler@southhillcounseling.com
www.southhillcounseling.com
See clients 7 years and older
Services Provided: Individual therapy, Group therapy, and Family therapy.
Other Services Provided: Child, Adolescents and Adult cognitive-behavioral therapy. Antepartum and postpartum depression.
Accepted Payment: Most insurances; Call for information

Mary J. Caruso, MA, LMHC
8117 N Division Suite “F”
Spokane, WA 99208
(509) 465-1930
Fax# (509) 465-9803
Sees clients 4 years of age & older
Services Provided: Children, Teens, Individual, and Family
Other Services Provided: Art and Sand Tray therapy
Accepted Payments: First Choice, APS, Aetna, Asuris, Cigna, Group Health/Wellspring, Molina, PHCO, Premera, Regency Blue Shield, Tricare, Uniform Medical, United Health Care, Cash or Credit Card

Dietitians:

Michelle Weinbender, RD, CD
Clinical Dietitian/Food and Nutrition Services
Sacred Heart Medical Center
101 W. 8th Ave.
Spokane, WA 99220
(509) 474-3220
Fax # (509) 474-4486
Sees clients fives years of age and older
Services Provided: Individual medical nutrition therapy
Other Services Provided: Participation in-patient and/or family therapy in session with therapist and/or PCP
Payment Accepted: Outpatient dietitians at Sacred Heart Medical Center are not billed as providers. Nutrition outpatient consultations are billed as a service. Coverage depends on type of insurance. Please call for information
Vivienne Dutzar, RD, MS  
Sacred Heart Medical Center  
PO Box 2555  
Spokane, WA 99220-2555  
(509) 474-7417  
Fax# (509) 474-7486  
Sees clients of all ages  
Services Provided: Individual medical nutrition therapy  
Other Services Provided: Participation in-patient and/or family therapy in session with therapist and/or PCP  
Payment Accepted: Outpatient dietitians at Sacred Heart Medical Center are not billed as providers. Nutrition outpatient consultations are billed as a service. Coverage depends on type of insurance. Please call for information

Physicians:

Ponrat Pakpreo, MD  
Board-Certified Pediatrician  
Board-Certified Adolescent Medicine Specialist  
Sacred Heart Children’s Hospital  
101 W 8th Ave, Suite 100, L-1  
Spokane, WA 99204  
(509) 474-5445  
Fax# (509) 474-2241  
Sees clients ages 12-17  
Services Provided: Medical evaluation & coordination of care

Eating Disorder Therapy Groups:  
For adults dealing with anorexia, bulimia, and/or binge eating disorder. Therapy groups are 12 weeks in length and cost $85 per month/12-week series.  
Please contact Monique DesChane, MA for current availability.  
(509) 953-5052  
mdeschane@rcmmail.com

Adult Support Group  
Free support group for adults age 18+ who are struggling with anorexia, bulimia, and/or binge eating disorder.

6:00-7:30 pm on the 1st & 3rd Wednesday of every month  
Sacred Heart Medical Center, Hop Top Room (Floor L3 just outside the West entrance to the cafeteria)  
Contact: Melissa Gray, MA  
(509) 385-0291

* Contact Melissa before attending to ensure that there have been no changes to the time or location of the group.

** Group does not meet in June, July or August
**Family Support Group**
Free support group for family members and friends of those suffering with anorexia, bulimia, or binge eating disorder.

- 6:30-7:30 pm on the 1st & 3rd Wednesday of every month
  Sacred Heart Medical Center, Caritas Room (Floor L3 just outside the West entrance to the cafeteria)
  Contact: Maureen Reynolds
  (509) 456-0567
  *Contact Maureen before attending to ensure that there have been no changes to the time or location of the group.
  **Group does not meet in June, July or August

*Overeaters Anonymous Support Groups*
For those struggling with compulsive overeating.

- For information on Overeaters Anonymous or to find a group that meets in your area, visit: [www.overeatersanonymous.org](http://www.overeatersanonymous.org). It is recommended that you call the group contact before attending. Some groups cover special topics and/or have a special focus for people with similar attributes. Calling the group contact will help you determine whether the group will be a good fit for you.

*According to American Psychiatric Association Practice Guidelines for Treatment of Patients with Eating Disorders, Third Edition, (July 2006): “Anorexics and Bulimics Anonymous and Overeaters Anonymous are not substitutes for professional treatment....It is important for programs using 12-step models to be equipped to care for patients with the substantial psychiatric and general medical problems often associated with eating disorders.”

**Intensive Outpatient Treatment Facilities in Washington**

- The Center For Counseling and Health Resources, Inc.
  547 Dayton St.
  P.O. Box 700
  Edmonds, WA 98020
  1-888-771-5166
  1-425-771-5166
  Intensive outpatient services for eating disorders and other addictive behaviors. Programs include help for anorexia, bulimia, compulsive overeating, binge eating, food addiction, emotional eating, and recovery after gastric bypass surgery.
  [www.aplaceofhope.com](http://www.aplaceofhope.com)

- The Moore Center P.C
  1601 114th Ave. SE, Ste. 180
  Bellevue, WA 98004
  1-425-451-1134
  [www.moorecenterclinic.com](http://www.moorecenterclinic.com)
Children’s Hospital & Regional Medical Center
Eating Disorders Program
4800 Sand Point Way N.E.
Seattle, WA  98105-0371
(206) 987-2000
Inpatient & outpatient treatment programs available
www.depts.washington.edu/adolmed/clinics/edclinic.htm

Inpatient Treatment Facilities in Washington

Sacred Heart Children’s Hospital
Adolescent Unit
101 W 8th Ave
Spokane, WA  99204
(509) 474-4841
Inpatient treatment program designed for weight stabilization, available for those ages 12-17. For further information, please contact the Adolescent Medicine Clinic at 509-474-5445.
www.shmcchildren.org

Discovery Practice Management
Residential Eating Disorder Treatment
Center For Discovery  - adolescents ages 10-19: www.centerfordiscovery.com http://centerfordiscovery.com/ (Edmonds, WA)
Oceanaire  - adult women: www.oceanaire.com http://www.oceaniare.com/ (California)
800-760-3934
Discovery Practice Management offers residential eating disorder treatment for adolescent boys and girls as well as adult women. Discovery has homes in Edmonds, WA as well as the LA area and Bay area. For more information about our program or to set up a tour please contact Jenni Scharf at jenni.scharf@centerfordiscovery.com or 562-489-6111.

Children’s Hospital & Regional Medical Center
Eating Disorders Program
4800 Sand Point Way N.E.
Seattle, WA  98105-0371
(206) 987-2000
Inpatient & outpatient treatment programs available
www.depts.washington.edu/adolmed/clinics/edclinic.htm
Other Inpatient Treatment Facilities:

- Eating Recovery Center
  A Behavioral Hospital Nourishing Health
  1830 Franklin Street, Suite 500
  Denver, CO  80218
  (877) 825-8584
  Inpatient, residential, partial, & outpatient treatment programs available
  www.EatingRecoveryCenter.com

Helpful Websites:

- www.edap.org
  NEDA-National Eating Disorder Association

- www.something-fishy.org
  Supportive Recovery Network and Information Site

- www.anad.org
  National Association of Anorexia Nervosa and Associated Disorders

- www.edreferral.com
  Eating Disorder Referral & Information Center

- www.overeatersanonymous.org
  Overeaters Anonymous

- www.gurze.com
  Eating disorder resources

- www.acadeatdis.org
  AED: Academy for Eating Disorders

- www.anred.org
  ANRED: Anorexia Nervosa and Related Eating Disorders Inc.

- www.anorexiasurvivalguide.com
  Offers a free monthly e-mail newsletter for families.

- http://www.anad.org
  Anorexia Nervosa & Associated Disorders

- http://www.eatingdisorderscoalition.org
  Eating Disorders Coalition for Research, Policy, and Action
www.edct.net
Eating Disorder Coalition of Tennessee
Family support group guidelines and information

www.healthvillage.com
Search for Craig Johnson’s articles on eating disorders.

http://www.eatright.org
American Dietetic Association

http://www.mentalhealthscreening.org/eat.htm
ED screening website

http://voicesnotbodies.tripod.com/
Voices Not Bodies

http://www.4woman.gov/index.htm
National Women’s Health Information Center

www.MVPARENTS.com
Provides general parenting tips

www.dadsanddaughters.org

www.power-nutrition.com/home.html

Helpful Literature

- **Beyond the Looking Glass: Daily Devotions for Overcoming Anorexia & Bulimia**, Remuda Ranch
- **Diary of an Eating Disorder: A Mother and Daughter Share Their Healing Journey**, Chelsea Smit
- **Gurze catalog**
- **Help Your Teenager Beat an Eating Disorder**, James Lock and Daniel le’Grange
- **Hunger for Freedom: My Spiritual Journey of Recovery**, Katie Gesto
- **Life Without Ed: How One Woman Declared Independence from her Eating Disorder & How You Can Too**, Jenni Schaefer & Tom Rutledge
- **Nancy Clark's Sports Nutrition Guidebook, 3rd Edition**, Nancy Clark
- **Parents Guide to Childhood Eating Disorders**, Marcia Herrin
- **Surviving an Eating Disorder**, Michelle Siegel, Judith Brisman, & Margot Weinshel
- **The Anorexia Diaries – A Mother & Daughter’s Triumph Over Teenage Eating Disorders**, Linda M Rio