

Nourishing Your Mind, Body, & Soul

At the heart of our program are our exposures with food and movement. Our team will lead our clients in supported exposures including grocery shopping, cooking skills, eating at restaurants, plating meals, and utilizing intuitive eating skills. Our movement program includes yoga twice per week as well as exposure at our movement studio with our movement instructor.

Movement groups include stretching as well as strength training and more. Clients will have increasing challenges with exposure to mirrors during exercise. Our goal is to attain experience working through triggers that may inhibit recovery and to find balance with food and joyful movement.

Program Features

- Individualized treatment for adults of all genders
- Food and movement exposures
- Find balance with food and joyful movement
- Evidenced-based treatment with a multidisciplinary team



Banyan Facilities Nationwide

The Banyan Treatment Centers Family believes that every patient is unique. We offer individualized custom treatment programs that are tailored to fit every need. With Eating Disorders we believe in “being recovered” rather than remaining in “recovery.”

Eating Disorder Program is available in Pennsylvania with additional locations coming soon!

Our Eating Disorder Program located in Langhorne, Pennsylvania which is a quaint, historical town in Bucks County. The town is filled with plenty of things to do such as Core Creek Park and Oxford Valley Shopping Mall. This outpatient program works well for patients adjusting back into society with a structure that fits with their work or school schedules.



NOURISH *in* RECOVERY

Banyan Eating Disorder Program

If you or a loved one are struggling call
(844) 700-5105

www.nourishinrecovery.com

100 N Bucks Town Dr #100e, Langhorne, PA 19047



NOURISH *in* RECOVERY

Banyan Eating Disorder Program





Who We Treat

- Adults Struggling Eating Disorders
- Adults Struggling with Co-Occurring Disorders
- First Responders
- Veterans & Their Families
- LGBTQ+ Community

How We Treat

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Accelerated Resolution Therapy (ART)
- Trauma-Focused Cognitive Behavioral Therapy (TFCBT)
- Work with our Registered Dietitian
- Psychiatry
- Medical follow up
- Individual, Group, & Family Therapy
- Mindfulness
- Movement Therapy
- Yoga
- Emotional Regulation
- Dialectics
- Life Skills
- Real Life Exposures (i.e. grocery shopping, restaurant challenges)
- Private gym twice a week for stretching & exposure treatment

What We Treat

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- OSFED
- Avoidant Restrictive Food Intake Disorder (ARFID)
- Orthorexia
- Body Dysmorphia
- Co-Occurring Conditions

Programs Available

- Partial Hospitalization & Intensive Outpatient
- Family & Alumni Services
- Co-Occurring & Faith-Based Support Groups
- Supportive Housing Available Upon Request



“ I truly feel like I learned what it is to nourish my mind & body at Nourish in Recovery! ”



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