

# Two-Week Intensives
## Relapse Prevention Programs

**ROLLING ENROLLMENT IS NOW OPEN**

Recovering from an eating disorder is not a linear journey. It's normal to face challenges and setbacks after treatment. However, with support, these lapses don't have to escalate.

Two-Week Intensives are designed to support clients who have already received treatment for eating disorders and need help maintaining, nourishing, and reconnecting with their hard-earned recoveries.

**Two-Week Intensives programming is available at PHP/IOP levels of care, both virtually and in-person.**

866.651.7129

**Learn More**
alsana.com/2weeks

**Chat with Admissions 24/7**
alsana.com/livechat

ALSANA®

# TWO-WEEK INTENSIVES

In-person and virtual programming designed to support lasting recovery.

## Recovery is not linear.

### Eating disorders thrive in isolation; relapse prevention happens in community.

No matter how long it's been since receiving treatment, Alsana's Two-Week Intensive (PHP/IOP) Programs are designed to help clients nourish and recommit to their recovery from eating disorders and gain skills for navigating challenges and triggers. Recovery setbacks don't have to lead to relapse. Acknowledging difficulty and asking for help are not signs of failure, they are signs of courage.

**Signs you may be vulnerable to relapse include:**

- Increased "mirror checking"
- Social withdrawal or depression
- Frequent missed appointments with one's treatment team
- Transfer of addictive behaviors
- Lack of focus at work and/or school
- Suddenly too busy for meal breaks
- Noticeable increase in perfectionistic tendencies
- Frequent emotional avoidance

## Two-Week Intensives (PHP/IOP) – What to expect:

Affirming relapse prevention programs for adult clients of all genders and body types.

Clients receive full psychological assessments at admission and discharge.

Daily group sessions provide a sense of community and support for relational healing.

Therapy sessions for Family and Supportive Others educate and support clients' core recovery support network.



All Alsana programs are designed in alignment with Alsana's Adaptive Care Model® and care is delivered in accordance with each client's individualized treatment map.

Weekly 1:1 meetings with a multidisciplinary team of compassionate treatment professioonals, including Nurtition Counseling, Therapy, and Nursing touchpoints as needed.*

Virtual and in-person session options are available for greater care access and client convenience.

** Some program details vary by location and level/method of care. Contact our Admissions Team with questions. 866.651.7129*