Our Partial Hospitalization and Intensive Outpatient Programs were developed to treat Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorder. Our multi-disciplinary team of professionals, many in recovery from eating disorders themselves, consists of medical doctors (Internist and Psychiatrist), Psychologists, Social Workers, Mental Health Technicians, Registered Dietitians, adjunctive therapists, Psychiatrists, Consulting Medical Doctors, Licensed Marriage Family Therapists, Licensed Clinical Social Workers, Registered Dietitians, Registered MFT Interns, Mental Health Workers all who are experienced and dedicated in helping those suffering with various eating disorders.

We believe in individualized treatment planning with the focus on Long Term Recovery. We accomplish this by treating clients with respect and offering the most up to date treatment modalities available. By giving support, educational materials and new coping skills it allows our clients to feel healthy and positive as they move through their recovery process.

Some of the groups and activities at Inspire Malibu include: Process Groups, Food and Feelings Groups, Body Awareness, Mult Family Groups, Goal Setting Groups, Nutritional Groups, Movement Therapy and Yoga, Art Therapy, Outside Activities as well as Outings, Meal Processing and Meal Prep, Restaurant Outings, CBT and DBT, Dual Diagnosis Treatment, and Chemical Dependancy Groups if needed.

The Staff here at Inspire Malibu work hard to ensure that your recovery process is effective and individualized to suite your specific needs.
Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorder are among the most severe psychiatric illnesses. Research has demonstrated that an integrated Medical and Psychosocial approach of treatment has a more effective outcome than Medical or Psychosocial approach alone. Medical and other Psychiatric complications need to be identified and treated simultaneously to procure better treatment results. Coordination between medical and non-medical professionals is essential.

As with any other severe illnesses, our treatment starts after completing a comprehensive Medical and Psychiatric assessment. Initial assessment is directed at identifying medical complications of Eating Disorders, diagnosis of ED and, if any, co-morbid psychiatric or mental health conditions. Our treatment includes both the Medical and Psychosocial approach. The treatment plan is coordinated between the client, Medical and Non-Medical professionals. All assessments and treatment are performed on-site. Patients do not have to go to different doctor's offices for medical needs or follow-up.

Our clients receive healthy nutritional meals and snacks prepared by our chef daily. Meals with staff support that clients work through their fears around food so they can explore the root of underlying issues driving the eating disorder. Education on healthy eating, meal planning and exercise are provided.

Most major insurance companies cover the majority of the cost for treatment as eating disorders are covered in the California State Parity Act.

For Information or to schedule an assessment call:
Toll Free: 800-444-1838
Contact us on the web at: www.inspiremalibu.com