

## STAFF

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 Dependency 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.



**Inspire Malibu**  
Breakthrough Science and Unsurpassed Patient Care

**EATING DISORDER TREATMENT**

30101 Agoura Court, Ste 103

Agoura Hills, CA 91301

[www.inspiremalibu.com](http://www.inspiremalibu.com)

800.444.1838



**CALL 800.444.1838** FREE CONSULT

### Eating Disorder Treatment Programs

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*Do you have negative thoughts about your body image to the point it keeps you from doing the things you used to?*

*Do you over eat until you are uncomfortable, do you skip meals, or under eat?*

*Are your loved ones concerned about your weight?*

Find out if you have an eating disorder Call **800-444-1838**  
Treatment is Available.

**Specializing in the Medical Model for Eating Disorders and Co-Occurring Psychiatric Disorders**



# INSPIRE MALIBU--PHILOSOPHY

## Individualized Medical Model of Eating Disorder Treatment.

# INSPIRE MALIBU—PROGRAM

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](http://www.inspiremalibu.com)

*"At Inspire Malibu, our goal is to incorporate an integrated and coordinated approach of treatment and continuously implement the latest scientific breakthroughs in Eating Disorders, while providing the best possible patient care."*



**Akikur Reza Mohammad, MD**

Founder/Medical Director, Inspire Malibu

Board Certified in Psychiatry and Addiction Medicine

Clinical Assistant Professor of Psychiatry and Behavioral Sciences at USC School of Medicine

## Services By Inspire Malibu

- ▶ Individual Therapy
- ▶ Family Education Groups
- ▶ Dietitian Evaluations
- ▶ Nutritional Counseling
- ▶ DBT/CBT
- ▶ Body Image / Self Esteem
- ▶ Yoga
- ▶ Process Groups
- ▶ Neurofeedback
- ▶ Bipolar Treatment
- ▶ Out Patient Programs
- ▶ Day Treatment

The program incorporates individual therapy and a variety of group processes that include: Family Education, Nutritional Education, Goal Setting, Art Therapy, Body Image Challenge, Food and Feelings Group, CBT, DBT/Coping Skills, Process/Topic Group, Yoga/Exercise and Codependency/Self-Esteem Group. IOP will offer a supported meal. PHP will offer two supported meals per day and a daily snack. Additional services such as Neurofeedback and TMS will be offered. Our programs are designed for individuals who do not need inpatient/acute care. A thorough Physical & History, by a medical doctor, is required for admission. A Complete Eating Disorder Assessment will be administered to evaluate the best treatment options tailored for the individual.

Our programs have a unique constellation of services offering comprehensive treatment for a multitude of Eating Disorders and Disordered Eating patterns including:

1. **Anorexia Nervosa**
2. **Bulimia Nervosa**
3. **Compulsive Overeating**
4. **Binge / Night Eating**
5. **Compulsive Exercising and Body Dysmorphia**
6. **Body Image and Self Esteem Restoration**

The IOP program's hours are 5:30 PM to 9:00 PM, Monday, Tuesday and Thursday evenings. The PHP program's hours are 12:00 PM to 7:00 PM, five days per week. The ages served are 18-64, with eight maximum in a process group.

Clients will attend three to five times per week, decreasing attendance as they decrease their eating disorder behaviors and improve their daily functioning. Estimated length of stay in the program will vary, per individual needs, from one month to six months.