What You Can Expect from
The Johns Hopkins Eating Disorders Program
• Comprehensive individualized treatment integrating medical, psychological, family and nutritional interventions
• Daily rounds and treatment planning with our psychiatrist-led multidisciplinary team
• Consultation as needed, from gastroenterology, allergy, cardiology, internal medicine, neurology, and other medical specialties at Johns Hopkins
• Behavioral, cognitive, dialectical, and supportive therapies in group settings and one-on-one
• Family therapy, parent training and family support groups
• Mastering the relapse prevention tools needed for lasting recovery once you return home

Contact Us
For Outpatient and Consultation Services
(410) 955-3863
(410) 502-7907 fax

For Inpatient and Partial (Day) Hospitalization
(410) 502-5467
(410) 955-6155 fax

Visit Us Online For More Information
www.hopkinsmedicine.org/eatingdisorders

“Thank you for intervening at a critical moment in my life. A year ago I believed recovery was impossible. I am truly amazed at what I have been able to accomplish with the help of your program.”
-Previous Patient

“What you see in your child is this behavior that is irrational -- you feel both helpless and to blame. The expert care we received at Johns Hopkins empowered my two daughters to fight their eating disorder and equipped our family with the tools to understand it and to help them succeed.”
-Parent of Patient

JOHNS HOPKINS
EATING DISORDERS PROGRAM
and Jefferson House

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Why Choose Johns Hopkins?

- Our integrated levels of care include Inpatient, Partial Hospitalization (Day Hospital) and Outpatient Programs
- We evaluate and treat all serious medical or coexisting psychiatric conditions in collaboration with Johns Hopkins medical specialists
- We have treated thousands of patients with eating disorders over the past 35 years
- Family participation in treatment supports recovery and includes family therapy, meal assistance training and family education groups
- Once stable and engaged in treatment, our inpatients transition to the Partial Hospital Program - a supportive setting focused on relapse prevention
- The Jefferson House residence and the Partial Hospitalization Program provide a real world environment and allow a gradual and individualized transition to home and to healthy eating

We help our patients:
- Interrupt unhealthy behaviors and gain control over their eating
- Reduce preoccupation with food and weight
- Master healthy eating, social eating settings and relapse prevention skills
- Reach their full potential

Our Patients

Many of our patients are from out-of-state including international patients. We treat adult and adolescent, female and male patients, with a wide variety of eating disorders including:
- Anorexia nervosa
- Bulimia
- Binge eating disorder
- Eating disorder not otherwise specified (EDNOS)
- Atypical eating disorders

Some of our patients have been unsuccessful in outpatient treatment and need help with their eating behavior and, when necessary, to restore their weight. Others may have complex medical issues or atypical eating problems and some are newly diagnosed and anxious about committing to intensive treatment.

Our Approach

- We believe full recovery is possible for everyone and strive to assist patients and their families in reaching this goal
- Individual treatment plans are designed to teach healthy behaviors, manage stressful life events, instill hope and achieve mastery over change
- Our clinical practice incorporates feedback from our patients and the latest research findings to maintain the best evidence-based and effective treatment

Our Expert Team

Angela S. Guarda, M.D.
Dr. Guarda is an Associate Professor of Psychiatry at Johns Hopkins School of Medicine and has been the Director of the Johns Hopkins Eating Disorders Program since 1996. She trained in eating disorders at the Maudsley Hospital in London and is active in research, clinical work and teaching. She was recently named as an Eating Disorders expert by Washingtonian Magazine, Baltimore Magazine and the Washington Post Magazine and has been cited yearly since 2009 in Castle Connolly’s ‘America’s Top Doctors’.

Graham W. Redgrave, M.D.
Dr. Redgrave is Assistant Director of the Eating Disorders Program at Johns Hopkins. He specializes in the treatment of eating disorders and teaches residents and medical students in the lecture hall and at the bedside. Dr. Redgrave’s research focuses on the neuroimaging of anorexia nervosa and bulimia nervosa and other psychiatric disorders, clinical outcomes of eating disorders treatments, and translational research on the biological mechanisms of eating behavior.

Our psychiatrist-led team includes licensed nurses, social workers, dieticians, occupational therapists and other clinical specialists.