

# Our Philosophy

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Our person-centered approach offers individualized care that encourages and supports the unique recovery process of each client.

# How We Help

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Restore **hope** in sustained, lifelong recovery.

Equip clients with the knowledge and tools to **heal** their relationship with food, their bodies, and themselves.

**Teach** clients to identify and reduce their anxiety around food.

Encourage clients to **develop** their autonomy and identity in recovery.

# Our Treatment

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Seeds of Hope provides clients with a safe space and continuous staff support, including but not limited to:

- » **Therapeutic Interventions:** Acceptance Commitment Therapy, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Narrative Therapy, and Motivational Interviewing, etc.
- » **Holistic Practices:** Yoga, music and art therapy, meditation, etc.
- » **Experiential Practices:** Grocery shopping, meal preparation, dining out, etc.

# Our Programs

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## Intensive Outpatient Program (IOP)

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For adults and teens who struggle with an eating disorder but need less support than full-day treatment

### IOP Treatment Includes:

- Experiential meal practice once per day
- Daily group therapy sessions
- Nutrition education and support sessions with a registered dietitian
- Process groups
- Psychoeducation
- Meditation
- Art therapy

All adolescent treatment programs include a weekly family night to provide support and psychoeducation to parents and others in the client's support system.

## Partial Hospitalization Program (PHP)

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For adults and teens who need intensive support outside a residential setting

### PHP Treatment Includes:

- Experiential meal practice twice per day
- Daily group therapy sessions
- Individual/family therapy sessions
- Medication management
- Nutrition education and support sessions with a registered dietitian
- Process groups
- Psychoeducation
- Trauma informed yoga
- Art therapy
- Acupressure
- Aromatherapy
- Mindfulness

## Residential Program

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Seeds of Hope helps adult women begin to regain their independence from all eating disorders.

### Residential Treatment Includes:

- Home-like setting
- Individual, group and family therapy sessions
- Nutrition education and support sessions with a registered dietitian
- Food preparation and mealtime support
- Twice monthly family education and support weekends
- Psychiatric and medical treatment
- Evidence-based and holistic therapies

### Our Four Stage Recovery Process:

- » **Stage 1:** Begin building confidence in abstinence from eating disorder behavior
- » **Stage 2:** Self-challenge eating disorder thoughts and behaviors through exercises such as writing, food portioning, and outings
- » **Stage 3:** Demonstrate independent skill use, spontaneous self-awareness, and motivation for recovery through supported challenges
- » **Stage 4:** Demonstrate increased autonomy with meals and snacks, relationships, and enjoyable activities through supervised day passes, management of food choices and preparation, etc.

Each stage of the recovery process encourages freedom from eating disorders while practicing increased independence to prepare for home life.

## Our Locations

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### Seeds of Hope Lake Ariel

272 Hamlin Highway  
Lake Ariel, PA 18436

*Residential Program for Adult Women*

### Seeds of Hope Center City\*

1420 Walnut Street, Suite 450  
Philadelphia, PA 19102

*PHP & IOP for Adults*

### Seeds of Hope Exton\*

491 John Young Way, #300  
Exton, PA 19341

*PHP & IOP for Adults*

### Seeds of Hope Paoli\*

1440 Russell Rd  
Paoli, PA 19301

*PHP & IOP for Teens*

*\*Our Center City, Exton, and Paoli programs welcome individuals of all gender identities and expressions.*

## Contact Us

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Contact our admissions team by phone at (610) 644-6464 or online at [seedsofhopesupport.com](http://seedsofhopesupport.com).



Seeds of Hope

EATING DISORDER TREATMENT

**OBH**  
Onward  
Behavioral Health

A Member of Onward Behavioral Health

Hope. Healing.  
Happiness.