

Our Philosophy

Our person-centered approach offers individualized care that encourages and supports the unique recovery process of adults and teens of all gender identities and expressions.

How We Help

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

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

Intensive Outpatient Program (IOP)

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 teen 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)

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

Our Locations

Seeds of Hope Philadelphia

1420 Walnut Street, Suite 450
Philadelphia, PA 19102

Seeds of Hope Exton

491 John Young Way, #300
Exton, PA 19341

Seeds of Hope Paoli

1440 Russell Road
Paoli, PA 19301

Contact Us

Contact our admissions team by phone at **(610) 644-6464** or online at seedsofhopesupport.com.



A Member of Onward Behavioral Health



Seeds of Hope
EATING DISORDER TREATMENT

Hope. Healing.
Happiness.