



AlignED Care

Eating Disorder & Mental Health Center

About Us

AlignED Care Eating Disorder and Mental Health Center offers virtual (California, South Carolina, Arizona, Florida) and in-person therapy (Los Angeles), focusing on eating disorders, anxiety, trauma, and mood disorders. We treat teens 12+ and adults. Our Eating Disorder Transitional Aftercare program provides integration post-treatment. We also provide DBT and Eating Disorder consultation and training.

Clinical Modalities

- ✓ Dialectical Behavior Therapy (DBT)
- ✓ Internal Family Systems (IFS)
- ✓ Sociometry/Psychodrama
- ✓ Polyvagal Theory
- ✓ Psychodynamic Therapy
- ✓ Acceptance and Commitment Therapy (ACT)

AlignED Care is Health At Every Size® (HAES) aligned, anti-diet and S2LGBTQIA+ affirming. We are committed to inclusivity across racial, ethnic and cultural backgrounds; abilities, ages, neurotypes and socio-economic statuses.

Levels of Care

Outpatient

Individual, family and group therapy for eating disorders, anxiety, trauma, mood disorders and co-occurring substance use disorders and obsessive compulsive disorder.

Transitional Aftercare

Our Eating Disorder Transitional Aftercare program bridges the gap between intensive treatment and outpatient care. We provide customized support for teens and adults transitioning out of treatment. We work closely with clients to set personalized reintegration goals, focusing on reducing relapse risks, boosting self-esteem, and enhancing overall functioning. This approach ensures a supportive recovery process.

Eating Disorder Intensive Outpatient (IOP)

Coming soon! Our Intensive Outpatient Program (IOP) runs Monday through Thursday evenings and Friday during the day. It includes psychodrama, sociometry, process groups, psychoeducation, and exposure therapy. Our team is skilled at treating co-occurring disorders like mood disorders, trauma, substance abuse, OCD, and anxiety, providing comprehensive care in a consistent setting.