

OUR EXPERIENCE

Founded in 2000 and with locations in MA and NH, the Cambridge Eating Disorder Center is among the oldest eating disorder centers in the country with an experienced, multidisciplinary team of psychiatrists, psychiatric nurse practitioners, nurses, social workers, psychologists, counselors and registered dietitians.

CEDC is nationally recognized for its ability to address complex co-existing psychiatric conditions that often occur with eating disorders.

Our staff provides clients with tools, education, therapy and support on reducing disordered eating and assisting with weight restoration through nutrition, coping skills and improved body image.



ACCREDITATION

CEDC is accredited by the Joint Commission. The Joint Commission gold seal of approval is a nationally-recognized symbol of quality, indicating that an organization has met rigorous performance standards.



CEDC | CAMBRIDGE EATING
DISORDER CENTER

3 BOW STREET
CAMBRIDGE, MA 02138

105 LOUDON ROAD, BUILDING #2
CONCORD, NH 03301

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WWW.EATINGDISORDERCENTER.ORG



OUR MISSION

The mission of the Cambridge Eating Disorder Center is to provide individuals suffering from eating disorders with a comprehensive continuum of high quality, specialized services in a community setting.

We provide respectful treatment that is both goal-oriented and nurturing. Our highly-trained, multidisciplinary staff members use a variety of evidence-based techniques to interrupt disordered eating behaviors while building rapport and developing supportive, authentic relationships.



CEDC | CAMBRIDGE EATING
DISORDER CENTER

OUR PROGRAMS

The Cambridge Eating Disorder Center (CEDC) focuses exclusively on the treatment of eating disorders including anorexia nervosa, bulimia nervosa and binge eating disorder, as well as all other types of eating disorders, among male and female adolescents and adults.

Located in vibrant Harvard Square, the Cambridge Eating Disorder Center offers a wide variety of programs designed to provide a high quality and highly individualized level of care for each client – all in a comfortable and nurturing environment conducive to recovery.

- The residential program at CEDC provides 24-hour support to women and girls who are 12 years old and older in three separate units based on age groups.
- The partial hospital program (PHP) offers support and treatment to male and female adolescents and adults leaving residential or inpatient treatment and who need additional structure to continue recovery. PHP is also suitable for those who require more care than what outpatient or intensive outpatient programs can provide.

- The intensive outpatient program (IOP) transitions clients who have been discharged from inpatient, residential or partial hospital treatment, or those who require more care than what outpatient therapy can provide.
- The outpatient program provides individual, nutrition, family and group therapies as well as consultation and assessment services.
- Transitional living creates an opportunity for adult women to effectively move from inpatient and residential treatment to a living situation conducive to recovery and integration back to independent living settings.

The original Three Bow Street location houses CEDC’s residential programs for adults and adolescents.

All outpatient programs – including IOP and PHP– are served from CEDC’s new Plympton Street facility, also conveniently located in Harvard Square.

PHP is offered Monday through Saturday from 9-3:30 to ensure consistent treatment. CEDC provides IOP services Monday-Friday, day and evening sessions to meet client needs.

CEDC OF NEW HAMPSHIRE

Conveniently located in Concord, CEDC of NH provides services to individuals and families in Northern New England.

CEDC of NH offers two Partial Hospitalization Programs (10-hour and 6.5-hour options) as well as day and evening Intensive Outpatient and Outpatient programs that:

- Serve individuals ages 12 and older with anorexia, bulimia, binge eating and related disorders
- Address, nurture and empower the whole person
- Utilize proven evidence-based therapies and techniques to interrupt eating disorder thoughts and behaviors
- Provide compassionate, respectful, evidence-based treatment that is highly individualized and demonstrated to be successful
- Teach effective recovery skills and coach in their application

REFERRALS AND INSURANCE

All clients are pre-evaluated prior to participating in CEDC’s programs to determine the appropriate level of care. Individuals and their families can contact CEDC directly for an initial evaluation appointment. If you are a physician, mental health professional, college/ high school counselor or health services provider and are working with someone who may be at risk for an eating disorder, we offer initial phone evaluations as well as in-service and informational training on eating disorders and our programs.

We are providers with multiple insurance companies and will be happy to contact carriers to gain an understanding of each clients insurance plan benefits.

To make a referral, set-up an appointment, or receive a complimentary phone evaluation, please call 888.900.CEDC(2332) or email us at info@cedcmail.com. Our staff and team are available to discuss our treatment programs via phone or email seven days a week.

