

Intensive Eating Disorder Treatment

Partial Hospitalization and Intensive Outpatient Programs (PHP & IOP)

Intensive eating disorder treatment (PHP and IOP) is for patients who require more structure and support than outpatient sessions alone. Offering greater flexibility than residential treatment, PHP and IOP allow patients to live at home while receiving the professional care they need throughout the week.

Veritas Collaborative's intensive programming for adults takes place in person and virtually as part of our continuum of care designed to meet patients where they are. Patients can admit directly into intensive programming as a first step in treatment or transition down to it from a higher level of care.

Program Components



Skills-based group therapy



Therapeutic meals



Expressive art/movement therapy



Food skills groups



Individual therapy sessions



Individual nutrition sessions



Psychiatry and medical services (PHP treatment)



Case management services



Our multidisciplinary care teams equip patients with the skills and resources necessary to build a strong foundation for lasting recovery. We're committed to providing personalized, evidence-based treatment to people of all genders in a safe and supportive healing environment.

Learn more or make a referral:

www.veritascollaborative.com | 1-855-875-5812



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Structured, supportive treatment for lasting recovery.

Upon admission to intensive programming, each patient receives an orientation to care and an assessment to determine their individual needs as they progress through in-person or virtual treatment.














Patients typically spend a minimum of 30 hours per week in PHP and a minimum of 12 hours per week in IOP. Schedules and program availability vary by site. Lodging is available in Durham, NC for adults enrolled in PHP who live a distance from our Durham facility.

Early intervention at the appropriate level of care is key to eating disorder recovery. The sooner an individual receives help, the better the outcomes are likely to be.



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Sample Day Schedules	
PHP	IOP
 8:30 AM Therapeutic Meal	 4:30 PM Goal Setting
 9:30 AM Goal Setting	 4:45 PM Body Acceptance Group
 10:00 AM Art Therapy	 5:45 PM Therapeutic Meal
 11:00 AM Nutrition Education	 6:45 PM DBT Group
 12:00 PM Therapeutic Meal	 7:30 PM End of Day
 1:00 PM DBT Group	
 2:00 PM Afternoon Snack	
 2:30 PM End of Day	