

Eating Disorder Resources

Treatment Centers

The Emily Program

Levels of Care: *RES, PHP, IOP, OP

Location: Seattle, WA

Phone Number: 206-283-2220

Website: <https://www.emilyprogram.com>

Opal Food + Body Wisdom

Levels of Care: *PHP, *IOP, *OP

Location: Seattle, WA

Phone Number: 206-926-9087

Website: <https://www.opalfoodandbody.com>

Center For Discovery

Levels of Care: RES, PHP

Location: Edmonds, WA

Phone Number: 844-245-6252

Website: <https://centerfordiscovery.com>

Eating Recovery Center

Levels of Care: RES, PHP, VIOP

Location: Bellevue, WA

Phone Number: 866-753-3817

Website: <https://www.eatingrecoverycenter.com>

THIRA

Levels of Care: PHP, IOP

Location: Bellevue, WA

Phone Number: (425) 620-4266

Website: <https://thirahealth.com>

*Indicates only for clients 18+ years old

Therapists

Jeanne Wicomb

Location: Telehealth

Phone Number: 425-406-3623

Jaclyn Watson

Location: Seattle, WA

Phone Number: 253-201-4069

Caroline Cutrone

Location: Redmond, WA/Telehealth

Phone Number: 425-502-5995

Brian Jones

Location: Seattle, WA/Telehealth

Phone Number: 425-610-6287

Dietitians

Kailey Adkins

Location: Seattle, WA/Telehealth

Phone Number: 206-279-3533

Tracey Kmiecik

Location: Telehealth

Phone Number: 206-614-0010

Emma Doerner

Location: Seattle, WA/Telehealth

Phone Number: 206-339-5890

Caitlin Sloane

Location: Snoqualmie, WA

Phone Number: 425-399-5523

Erica Mouch

Location: Seattle, WA

Phone Number: 425-333-2305

Books

Anti-Diet by Christy Bacon

Body Respect by Lindo Bacon and Lucy Aphramor

Body of Truth by Harriet Brown

Unapologetic Eating by Alissa Ramsey

Intuitive Eating by Evelyn Tribole and Elyse Reach

Life Without Ed by Jenni Schaefer

Just Eat It by Laura Thomas

Eat to Love by Jenna Hollenstein

The Eating Instinct by Virginia Sole-Smith

*The F*** It Diet* by Caroline Dooner

Beyond a Shadow of a Diet by Judith Matz and Ellen Frankel

Your Body Is Not An Apology by Sonya Renee Taylor

Fearing the Black Body by Sabrina Strings

The Beauty Myth by Naomi Wolf

Heal Your Body by Louise Hay

A Beautiful Work In Progress by Mirna Valerio