



Our Center of Excellence provides compassionate and individualized treatment in a home-like setting with 24-hour nursing and medical monitoring. Residential, PHP, and IOP levels of care, including virtual programs for PHP and IOP.

EMDR | ACT | MI | DBT Skills Techniques

Trauma-Informed Care | Dual Diagnosis

Nutrition Classes | Personalized Meal Planning

Response Exposure Prevention | Restaurant & Grocery Outings

Mindfulness | Shame Resiliency | Self-Compassion Work Adventure

Programming | Spirituality Classes

Expressive Art & Movement

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## MEET OUR EATING DISORDER SPECIALISTS



**Chris Harris, PhD**  
Director of Eating Disorder Programs



**Addie Bramlett, RD, LDN, CEDRD**  
Director of Nutrition Services



**Vijayalakshmi Appareddy, MD**  
Medical Director



**Ashley Fairbanks**  
Eating Disorder Treatment Coordinator

Most major insurances accepted. Joint Commission accredited. Locally owned, nationally recognized.

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[www.focustreatmentcenters.com/eating-disorders](http://www.focustreatmentcenters.com/eating-disorders)