



Common Disorders Treated

At Oceanaire we understand eating disorders require highly trained and specialized professionals who can monitor the medical, nutritional, social, behavioral and emotional lives of those affected. At Oceanaire we specialize in the treatment of anorexia, bulimia, binge eating disorder and related complex disordered eating. Frequently, there are accompanying problems such as self-injurious behaviors, trauma, mood disorders and substance abuse that require additional expertise from the Oceanaire team. Oceanaire is committed to staying current on the latest research and refining cutting-edge intervention processes.

Treatment Components

Every resident is guided through a process of seeking to understand the origins of her eating disorder. The treatment is structured in such a manner that personal exploration of life history including personal attributes, experiences, relationships and coping strategies for stress management are safely considered. We have integrated family participation throughout the treatment process in assessing this exploration so that the whole family gains an understanding of the complex interactions of a multitude of contributing life factors. The family will be guided through an educational process that includes the identification of eating disorders as well as effective communication skills, emotion management skills, support skills regarding nutritional consumption and an evaluation of the environmental changes likely to promote a cessation of the eating disorder behaviors. It is our hope at Oceanaire that each resident emerges from treatment with the ability to articulate her stressors, utilize healthy coping skills and realize personal competences.



Joint Commission's Gold Seal of Approval



Oceanaire – Rancho Palos Verdes



4281 Katella Ave, Suite 111, Los Alamitos, CA 90720
Tel: 866-406-0166 / Fax: 714.828.1870
Email: info@oceanaireinc.com
www.oceanaireinc.com



Residential
Eating Disorders Program
for Young Adult Women

Helping Women
Live Healthier Lives

Oceanaire's Eating Disorder Program

Discovery Practice's residential program, Oceanaire, was developed to help young adult women who struggle with eating disorders including anorexia, bulimia, binge eating disorder and related complex disordered eating. The goal of Oceanaire's residential program is to strategically interrupt eating disorder behaviors and provide effective medical, behavioral and nutritional interventions to support re-nourishment and ultimately long-term recovery. The residential program at Oceanaire is based on a unique six-phase process which includes:

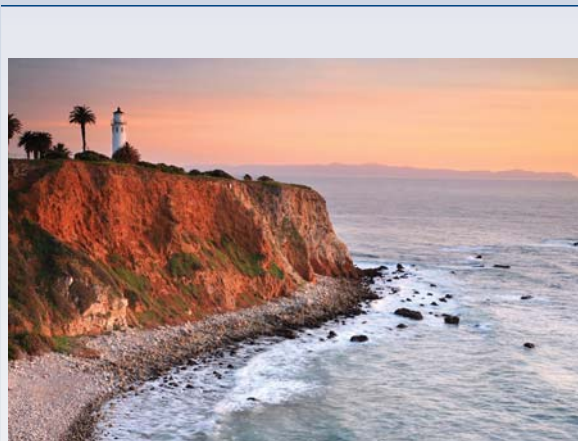
- Behavioral Controls
- Cognitive Restructuring
- Developmental Understanding and Assessment
- Family Systems, Education and Communication
- Psychodynamic
- Emotion Regulation Management
- Social/Community Support Development
- Professional Support Development

Weekly Schedule

- Four private therapy sessions (individual and/or family)
- Medical Assessment (more if needed)
- Psychiatric Consultation
- Individual Nutritional Session
- A Multiplicity of Therapeutic Groups including:
 - Dialectical Behavioral Therapy
 - Body Image Group
 - Creative Arts Therapy
 - Continuing Care & Discharge Planning
 - Hands-On Food Exposure
 - Recreational Activities
 - Communication Skills Training
 - Nutritional Education
 - Self Calming Skills
 - Relapse Prevention Group
 - Movement Therapy
 - Exercise Support

Multidisciplinary Team

Our highly skilled multidisciplinary team specializes in the treatment of eating disorders. The team includes a primary care physician, psychiatrist, clinical psychologists, certified eating disorder specialists, primary therapist, dietician, nurses, as well as recreational and experiential counselors. The team meets weekly to discuss each resident's progress and to strategize a weekly treatment action plan.



Rancho Palos Verdes Cliffs

Our Facility

Oceanaire is a spacious residential home nestled on one of the greens of the Los Verdes Country Club Golf Course, in Rancho Palos Verdes, California (near Los Angeles). Oceanaire offers ocean vistas and Pacific Ocean sunsets creating a peaceful and healing environment for the mind and body. The tranquil 6- bed setting includes a formal living and dining room which overlooks the coast line. It also offers an interior courtyard with a swimming pool, outdoor dining area and accompanying relaxation area. The space at Oceanaire provides a serene setting for healing.

Nutritional Overview

Overall the nutritional program at Oceanaire is designed so that residents are able to manage their nutrition on their own, based on an exposure-response-prevention model. It is hands-on from conceptualization and preparation to actual cooking, shopping, restaurant outings, etc. Ultimately, the goal is for the resident to develop more autonomy and listen to their own body's signals of hunger and fullness. Oceanaire residents meet with their dietician at least once a week, and the dietician is onsite to continually monitor the resident's nutritional needs, as well as provide a weekly didactic group and prepare residents for discharge. Oceanaire also includes the Discovery Therapeutic Family Meal, where families learn to be an integral part of the support system around food. Oceanaire utilizes an exposure-response approach to nutritional therapy so residents are exposed to challenging situations in a therapeutic and nurturing environment.

When to Refer to Residential Eating Disorder Treatment

There are several factors determining the appropriate level of care for eating disorder treatment. These factors may include the need for 24-hour supervision (especially during mealtimes), failure to improve in an outpatient setting, lower ideal body weight, medical stability and the inability to stop disordered eating behaviors.

For more information please visit
www.oceanaireinc.com
Or call us at 866.406.0166

A Discovery Practice Residential Program
4281 Katella Ave, Suite 111
Los Alamitos, CA 90720
800.760.3934
Fax: 714.828.1870