

**Quick Facts on
The Damascus Program
at Guest House**

The program is a clinically piloted and evidence-based, fixed-term inpatient stay, in a medically-supervised facility incorporating an interdisciplinary team model of care to support emotional, spiritual and physical health.

Key clinical components of the program:

- Psychological assessment and progress monitoring
- Medical and medication management
- Therapeutic individual and group sessions
- Tailored exercise program with a coach
- Personalized food plan with an onsite dietician
- Recreation therapy
- Food purchase and planning instruction
- Healthy cooking classes

**Contact Guest House
For More Information**

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Stop suffering in silence and guilt.
Start the
Damascus Program
at Guest House.



*Compulsive eating and
eating disorders
treatment program*

Healthy Eating

The program utilizes an inter-disciplinary, medically-supervised meal planning and transformation regimen. Created by physicians and other healthcare professionals and backed by extensive scientific data, this is a life-altering, energizing, decision-free program that is widely recognized for successful outcomes. Each program offers a highly structured, easy-to-follow food plan that emphasizes healthy eating habits and long-lasting weight loss. It is ideal for anyone wanting to lose weight, enhance their health and improve their medical conditions, including diabetes, hypertension and elevated cholesterol levels.

Long known for superb clinical care and research-based methodology, Guest House invites participants to immerse themselves in this personal journey of body, mind and spirit. Sustaining physical health is essential to pastoral leadership in ministry.

Eating disorders can result in very serious physical problems and at their most severe, can be life threatening. Our treatment for eating disorders and compulsive eating involves psychotherapy, nutrition and education, and pharmacotherapy in a beautiful milieu, while helping participants deal with uncomfortable and destructive feelings, instead of out-of-control eating to mask their issues.

We design a customized eating plan that helps participants understand the signs and symptoms of out-of-control eating and that educates them about the medical, psychological, spiritual, physical and nutritional aspects of the eating disorder. We are very aware that often other psychiatric conditions are intertwined with out-of-control eating, and we work simultaneously treating the underlying conditions such as depression or anxiety at the same time to support the most comprehensive recovery. In addition to an on-site treatment plan, Guest House's treatment team customizes a continuing care plan for an additional 2-5 year time frame, tailored for each client's recovery needs.

Healthy Thinking

The Cognitive Behavioral Therapy model that is utilized to structure the program includes:

- Body image questionnaires
- Eating aptitude testing
- Progressive directional journals
- Personalized workbooks
- Transformational charts
- Monitoring and strategy reports
- Convenient tools like a cost analysis of eating chart

Most people struggle with losing weight and keeping it off because no one ever taught them how. It's not just a matter of willpower and a healthy eating plan. To be successful, one has to learn a set of cognitive (thinking) and behavioral skills. Other weight-loss programs assume that dieters know how to keep themselves from cheating. Guest House respects that health conscious eaters are human; we plan for real life situations like mistakes, and this unique program teaches our clients exactly what to do immediately following mistakes and how to solve problems and prevent mistakes in the future.

Cognitive Therapy techniques learned:

- Thinking differently and overcoming common dieting pitfalls and sabotaging thoughts
- Eating favorite foods while steadily losing weight
- Feeling in control in the most challenging situations
- Feeling confident in the ability to follow a healthy diet and exercise plan
- Remaining motivated to maintain weight loss for life
- Transformative thinking patterns about personal body image

Healthy Body

All Clients will be evaluated by our Medical Director and our Therapy Team prior to engagement in our comprehensive program.

Program includes the following:

- Physical health screening by Health Quest Professionals
- Each client assigned a Personal Trainer
- Onsite exercise facility
- Client progress monitored by in-house Medical Director
- Onsite Registered Dietician Nutritionist
- Massage Therapist
- Nursing support
- Medication support
- Lifestyle change and developing personal eating plans for a long term weight management

