



GUEST HOUSE PEACE PROGRAM

Why do we call it the **PEACE** program?

Our program helps clients approach meals with healthy mindfulness while learning to **Process Emotions and Compulsive Eating.**

"It's about being at peace with food."

The Program

- Uses treatment modalities and protocols that are evidence-based, including Cognitive Behavioral Therapy and Dialectical Behavior Therapy as well as Movement Therapy.
- Endorses healthy dietary practices rather than food restriction and weight loss as treatment goals.
- Respects that certain foods may trigger loss of control and encourages abstinence from them.
- Encourages and supports participation in 12-step programs including Eating Disorders Anonymous (EDA) and Overeaters Anonymous (OA) as essential elements.

All individuals who come to Guest House participate in a comprehensive biopsychosocial assessment, the results of which determine an individualized plan of care. Our program staff is an interdisciplinary team committed to providing exceptional care. By the end of primary treatment, clients will have developed a comprehensive continuing care plan that prepares them to complete all phases of the two-year Continuing Care Program with the support of ongoing case management.

A background image showing sunlight streaming through the canopy of trees, creating a warm, golden glow. The sun is positioned on the right side, with rays fanning out across the scene. The trees are silhouetted against the bright light.

BINGE-EATING DISORDER

What is it?

A behavioral addiction rather than a lack of willpower, weakness, or unwillingness to change, characterized by

- episodes of consuming large amounts of food in a short time,
- eating rapidly, and
- a loss of control over the behavior.

Dieting often results in weight loss and gain cycles when attempting to manage the disorder.

Why the Concern?

- Following an episode, the individual may be left with feelings of shame, guilt, and even disgust.
- The feelings may lead to suicidal thoughts, depression, or anxiety.
- The person may isolate themselves from friends and family.
- The lack of support happens when they need help the most.
- There are links to other health problems: sleep apnea, arthritis, heart disease, high cholesterol, high blood pressure, diabetes, and obesity.