New Hampshire Eating Disorders
Resource Directory 2013

the changing face of eating disorders

Funding provided by
Plymouth State University
and
HNHfoundation
Welcome to the beginning of an exciting, rewarding career specializing in eating disorders.

The Eating Disorders Institute Graduate Certificate program at Plymouth State University offers a 15 credit program for graduate credit for professionals in N.H. or at our host partner, Mirasol Recovery Centers in Arizona.

The M.Ed. in Health Education or a Certificate of Advanced Graduate Studies (CAGS) with a focus on eating disorders is also offered.

PSU’s eating disorders courses provide professionals with research-based tools, techniques and strategies to use in medical treatment, mental health counseling, nutrition counseling or education and outreach work.

A series of four 3-credit graduate courses are offered in an intensive 3-day residential format with an online component plus a 120 hour capstone experience in eating disorders.

The program is designed to meet the needs of health and mental health professionals, dieticians, school professionals and others across the country with an interest in this unique specialization. It is also for those interested in becoming a Certified Eating Disorders Specialist in behavioral health, nutrition, or nursing.

There are only two graduate programs in the country offering this program and PSU’s program is the oldest and most comprehensive.
Eating Disorders Institute
Graduate Certificate Program

Required Courses:

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**Total EDI Certificate:** 15

*HL 5160 is a prerequisite

The EDI certificate can be completed in approximately one to two years.

Benefits:

- Members of the faculty have 100 years of combined experience in the eating disorders field
- Easily blended with graduate degree programs or CEU program
- Low residence schedule to accommodate working professionals and out-of-state students
- Capstone personalized in the clinical or education/outreach area to meet student’s interests and needs
- Approved site to offer the core eating disorders curriculum that satisfies the International Association of Eating Disorders Professionals (IAED) requirement for future certification

"There are very few training opportunities for professionals seeking specialization in the treatment of Eating Disorders. The Eating Disorders Institute (EDI) offers a unique, multidisciplinary training program. I hope this becomes a model program that other universities will adopt."

-Craig Johnson, a renowned eating disorders expert, Chief Clinical Officer of the Eating Recovery Center

FOR MORE INFORMATION

ABOUT THE EATING DISORDERS INSTITUTE CERTIFICATE PROGRAM:

Program Director:
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Certified Eating Disorders Specialist, Fellow, Academy of Eating Disorders

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Plymouth State University
College of Graduate Studies
From the Plymouth State University
Eating Disorders Institute

October 1, 2013

The following is a resource guide of eating disorder providers (including mental health providers and nutrition therapists) located in New Hampshire, Maine, Vermont, and northern Massachusetts. This guide serves as a tool to assist school personnel, families, and health care providers in understanding signs and symptoms of eating disorders and then making appropriate referrals when necessary. There are various approaches and levels of eating disorder treatment. Frequently patients will have co-existing mental health issues such as depression, substance abuse issues, obsessive-compulsive disorder, anxiety disorders, and/or trauma to be addressed.

Eating disorder treatment has the most value and increased chance of recovery when there is a combination of mental health, nutritional support, and a medical provider involved in the team. Group and family counseling is frequently needed because the treatment often involves changing the family and relational dynamics.

Eating disorder experts have found that prompt intensive treatment significantly improves the chance of recovery. Therefore, it is important to be aware of the signs of: anorexia nervosa, bulimia nervosa, binge eating disorder, other unusual behaviors around food and exercise, and body image issues; then promptly make appropriate referrals.

The 2013 directory was revised by Stephanie Haines, a graduate student in the Plymouth State University’s Eating Disorders Institute Program.

Mardie Burckes-Miller, EdD, CHES, CEDS, FAED
Certified Eating Disorders Specialist, Fellow, Academy of Eating Disorders
Director, Eating Disorders Institute, N.H. & Az., Professor of Health Education
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Margaret@plymouth.edu
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Referral Disclaimer

This resource serves as a referral guide consisting of mental health providers and
nutrition therapists who treat eating disorder patients. Patients and their families are
responsible for interviewing and seeking a suitable provider for their treatment and
should talk with their provider concerning specific insurance coverage. Plymouth State
University does not personally endorse any of the listed facilities or providers.
Introduction

This resource guide is a tool to assist school personnel, families, and health care providers in understanding signs and symptoms of eating disorders and making appropriate referrals when necessary. There are various approaches and levels of eating disorder treatment, ranging from outpatient services to residential and hospital based programs. Frequently, patients will have co-existing mental health issues such as depression, substance abuse issues, obsessive compulsive disorder, anxiety disorders and/or trauma that need to be addressed.

Here are some questions patients and families need to ask when they are searching for a therapist:

1. How long have you been treating eating disorders?
2. What are your licenses and credentials?
3. Do you provide family counseling?
4. Do you work with other medical professionals as part of a multidisciplinary team of treatment?

Eating disorder treatment has the most value and increased chance of recovery when there is a combination of mental health, nutritional support, and a medical provider involved in the team. Group and family counseling is frequently needed because the treatment often involves changing the family and relational dynamics.

Signs and Symptoms of an Eating Disorder

In the United States as many as 10 million females and 1 million males are fighting a life or death battle with an eating disorder such as anorexia nervosa or bulimia nervosa. Approximately 25 million more are struggling with binge eating disorder. Because of the secretiveness and shame associated with eating disorders, many cases are probably not reported. In addition, many individuals struggle with body dissatisfaction and sub-clinical disordered eating attitudes and behaviors. Binge eating disorders occur in about one-third of obesity cases. Males make up about 40 percent of the binge eating population.

Eating disorder experts have found that prompt intensive treatment significantly improves the chance of recovery; therefore, it is important to be aware of the signs of anorexia nervosa, bulimia nervosa, binge eating disorder, and other unusual behaviors around food, exercise and body-image issues.

Anorexia Nervosa is a serious, potentially life-threatening eating disorder characterized by self-starvation and excessive weight loss.

Symptoms include:

- Inability to maintain body weight at or above a minimally normal weight for age and height
- Intense fear of weight gain or being “fat,” even though underweight
Disturbance of body weight or shape, undue influence of weight or shape on self-evaluation, or denial of the seriousness of low body weight

Warning signs of anorexia nervosa:

- Dramatic weight loss
- Preoccupation with weight, food, calories, fat grams, and dieting
- Refusal to eat certain foods, progressing to restrictions against whole categories of food (e.g. no carbohydrates, etc.)
- Frequent comments about feeling “fat” or overweight despite weight loss
- Anxiety about gaining weight or being “fat”
- Denial of hunger
- Development of food rituals (e.g. eating food in a certain order, excessive chewing, rearranging food on a plate)
- Consistent excuses to avoid mealtimes or situations involving food
- Excessive, rigid, exercise regimen – despite weather, fatigue, illness, or injury, the need to “burn off” calories taken in
- Withdrawal from usual friends and activities
- Behaviors and attitudes indicating that weight loss, dieting, and control of food are becoming primary concerns

Bulimia Nervosa is a serious life-threatening eating disorder characterized by a cycle of bingeing and compensatory behaviors such as self-induced vomiting, laxative abuse or fasting designed to undo or compensate for the effects of binge eating. The recurrent binge-and-purge cycles can damage the entire digestive system and purging behaviors can lead to electrolyte and chemical imbalances in the body that affect the heart and other major organ functions. People struggling with bulimia nervosa usually appear to be of normal body weight or slightly overweight. Symptoms of depression and changes in areas of one’s relationships are often present. Bulimia nervosa affects 1 – 2 percent of adolescents and adults. Approximately 80 percent of those with bulimia are women.

Symptoms include:

- Regular intake of large amounts of food accompanied by a sense of loss of control over eating behavior
- Regular use of inappropriate compensatory behaviors such as self-induced vomiting, laxative or diuretic abuse, fasting, and/or compulsive exercise
- Extreme concern with body weight and shape

Warning signs of bulimia nervosa:

- Evidence of binge eating, including disappearances of large amounts of food in consumption of large amounts of food
- Evidence of purging behaviors, including frequent trips to the bathroom after meals, signs and/or smells of vomiting, presence of wrappers or packages of laxatives or diuretics
- Excessive, rigid exercise regimen – despite weather, fatigue, illness, or injury, the need to “burn off” calories taken in
• Unusual swelling of the cheeks or jaw area
• Calluses on the back of the hands and knuckles from self-induced vomiting
• Discoloration or staining of the teeth
• Creation of lifestyle schedules or rituals to make time for binge-and-purge sessions
• Withdrawal from usual friends and activities
• Behaviors and attitudes indicating that weight loss, dieting, and control of food are becoming primary concerns

**Binge Eating Disorder (BED)** is a type of eating disorder characterized by recurrent binge eating without regular use of compensatory measures to counter the binge eating. It is estimated that BED affects 1-5 percent of the general population. About 60 percent of this population is female and 40 percent male. People with BED can be of normal weight or heavier than average weight. People struggling with BED often feel distress, shame and guilt over their eating behaviors. Health consequences of BED or those most commonly seen with obesity include: high blood pressure, high cholesterol, heart disease, diabetes, and gallbladder disease.

**Symptoms include:**

• Frequent episodes of eating large quantities of food in short periods of time
• Feeling out of control over eating behaviors
• Feeling ashamed or disgusted by the behavior
• Eating when not hungry and eating in secret

(Revised from the National Eating Disorders Association Web site www.nationaleatingdisorders.org)

**Steps for Helping a Student Who May Have an Eating Disorder**

1. Have a written school policy for handling students suffering from eating disorders.

2. Be aware of students who appear to be losing or have lost an excessive amount of weight. Also, note substantial weight gain. Notify the school counselor or school nurse so they can observe the student further. Talk with other school faculty (coaches, lunch supervisors, nurses, etc.) who interact with the student.

3. Notify the school counselor or school nurse if you see any unusual habits concerning food, expressions of unhealthy, extreme feelings toward food and body image, or if a student approaches you to share a concern about a friend.

4. The school nurse or the counseling faculty should inform the student of the concern and need for further evaluation. Then, contact the student’s family to talk about the problem and next appropriate steps.

5. One member of the school staff should serve as a treatment resource for students.

6. Include prevention and education on promoting healthy body image for both staff and students.

(Adapted from the Massachusetts Eating Disorder Association (MEDA), www.medainc.org)
Eating Disorder Treatment Providers and Treatment Centers

All of the providers listed below have identified themselves to be specialists in eating disorders. Plymouth State University and the Eating Disorder Institute do not endorse any particular provider or type of treatment. Patients and families need to work with their medical provider to determine their own treatment plan and consult with their insurance provider for specifics of their coverage.

New Hampshire Providers

Dietitians

Sarah Anderson, RD, LD
New London Hospital
273 County Rd.
New London, NH 03257
(603) 526-5544

Eileen Behan, RD, LD
17 Clark Rd.
Rye, NH 03870
(603) 431-1433

Mary S. Choate, MS, RD, LD
Co-op Food Stores
12 Centerra Parkway
Lebanon, NH 03766
(603) 643-2667

Lisa Corman, MS, RD, LD
Nutrition Management Systems
113 Locust St.
Dover, NH 03820
(603)-674-5989
lcorman@eatingright.net
www.eatingright.net

Hope Damon, RD, LD, CDE
Nutrition Counseling Center
276 Newport Rd.
New London, NH 03257
(603) 526-2078
Marilyn Donnelly, RD, LD
Center for Integrative Medicine
171 Pleasant Street
Concord, NH 03301
Telephone: (603) 228-7600
Fax: (603) 228-7320
www.CFim.org-makilyn-donnelly

**Description of Services:** Marilyn Donnelly is a registered dietitian providing nutrition therapy since 1995 for those with all types of eating disorders. She also sees children and men with eating disorders.

**Payment**
**Accepts Medicaid or Medicare:** No
Accepts most insurances

Susan D. Engle, MOE, RD, LD
1 Hampton Road, Suite 303
Exeter, NH 03833
Telephone: (603) 658-0440
Email: susan.engle@comcast.net

**Description of Services:** Susan Engle is a registered dietitian providing medical nutrition therapy for those with eating disorders including anorexia nervosa, bulimia nervosa, binge eating disorder and eating disorders not otherwise specified. She also sees children and men with eating disorders.

**Payment**
**Accepts Medicaid or Medicare:** Nutritional therapy not covered under Medicaid. Most insurance will accept medical nutritional therapy, sliding scale available.

Brooke Gowdy-Johnson, MS, RD, LD, CSO
Wentworth Douglas Hospital
789 Central Ave.
Dover, NH 03820
(603) 740-2636
www.wdhospital.com

Margaret L. Hayner, MS, RD, LD
Seacoast Nutritional Services
155 Griffin Rd.
PO Box 817
Portsmouth, NH 03(802) 0817
(603) 431-7523

**Description of Services:** Margaret Hayner, a registered dietitian, provides medical nutritional therapy for eating disorders patients.

**Payment**
**Accepts Medicaid or Medicare:** No
Provider for Anthem Blue Cross/Blue Shield, Cigna, Harvard Pilgrim
Megrette Hammond, M.Ed., RD  
The Center for Mindful Eating  
338 Middle St.  
Portsmouth, NH 03801  
(603) 427-5494

Marcia Herrin, EdD, MPH, RD, LD  
Hanover Road  
Professional Center  
367 Route 120, Suite B-8  
Lebanon, NH 03766  
Telephone: (603) 643-7677  
*Consults online via video-chat, by phone and in person.  
**Description of Services:** Dr. Herrin is a registered dietitian providing medical nutritional therapy for all types of eating disorders including anorexia nervosa, bulimia nervosa and binge eating disorder. She treats all ages including children and men with eating disorders. She works effectively to match a patient with a physician and therapy team.  
**Payment**  
Accepts Medicaid or Medicare: No  
Accepts most insurances

Susan Hilton-Cowmeadow, MS, RD  
Pinnacle Food Brokers  
483 Exeter Rd.  
Hampton, NH 03842

Cynthia Knipe, RD, LD  
93 Roxbury St  
Keene, NH 03431  
(603) 738-5791  
cynthiaknipe@gmail.com  
*Private practice

Audrey Lynn Kanik, D.Ph., RD  
Springfield College  
500 Commercial St.  
Manchester, NH 03101  
(603) 533-4937
Leigh LaGrange, RD, LD
Outpatient Dietitian
Wentworth Douglas Hospital
789 Central Avenue
Dover, NH 03820
Telephone: (603) 740-2647
Fax: (603) 740-2487
dill@wdhospital.com

Description of Services: Leigh LaGrange is a registered dietitian providing medical nutritional therapy for male and female patients of all ages with anorexia nervosa.
Payment
Accepts Medicaid or Medicare: No
Accepts all Wentworth Douglas Hospital insurances or private pay

Maria Larkin, M.Ed., RD, LD
12 Steven’s Way
Durham, NH 03824
Telephone: (603) 969-0017
Mmlrd@aol.com
*Affiliated with University of New Hampshire

Description of Services: Maria Larkin is a registered dietitian providing medical nutritional therapy for male and female patients of all ages and for all types of eating disorders. She also specializes in childhood obesity. She coordinates with other providers in the area for the medical and counseling components as needed.
Payment
Accepts Medicaid or Medicare: No
Accepts most insurances

Amanda Leach, MS, RD, LD
Frisbee Hospital
Rochester, NH 03867
(603) 332-5211
a.leach@fmhospital.com
ajboucher@juno.com

Ann Merritt, RD
292 South Pleasant St.
New London, NH 03257
(603) 313-3998
Marilyn Mills, MS, RD, LD, CDE
The Elliot Hospital
One Elliott Way
Manchester, NH 03103
Telephone: (603) 663-DIET (3438)
mmills@elliot-hs.org
Or
Hannaford Supermarket
John E. Devine Drive
Manchester, NH 03103
Telephone: (603) 626-4567
mmills@hannaford.com

Description of Services: Marilyn Mills is a registered dietitian providing one-on-one private counseling and group classes for male and female patients of all ages and all types of eating disorders. She sees eating disorder patients also with diabetes and celiac disease. Marilyn also works as a nutrition coordinator at Hannaford Supermarket and sees people for free shopping tours. She previously worked at the Center for Eating Disorder Management, Inc.

Payment
Accepts Medicaid or Medicare: No
Accepts all insurances accepted at Elliot Hospital

Shelley Moffatt, RD, LD
42 Pekoe Dr.
Concord, NH 03301
(603) 715-2999

Gita Patel, MS, RD, CDE, LD
7 Partridge Road
Etna, NH 03750
Telephone: (603) 643-3930
Fax: (603) 653-0222

Description of Services: Gita Patel is a dietitian providing nutritional therapy for those with eating disorders and binge eating disorder. Her special treatment focus is disordered eating patterns. She sees men, women and children of all ages.

Payment
Accepts Medicaid or Medicare: No
Takes most types of insurances and self pay
Claudette Peck, NCMHC, RD, CSSD, LD
Dartmouth College
7 Rope Ferry Road
Hanover, NH 03755
Telephone: (603) 646-9442
Claudette.Peck@dartmouth.edu
*Also sports nutrition

Description of Services: Claudette Peck is a registered dietitian and a licensed mental health counselor. She works at Dartmouth College and is not seeing private clients.

Melissa Snow, RD, LD
Pease International Trade Port
1 New Hampshire Avenue, Suite 125
Portsmouth, NH 03801
Telephone: (603) 766-0472
Fax: (603) 766-1966
msnow@mywholelife.healthcare.com

Description of Services: Melissa Snow is a registered dietitian providing nutritional counseling for clients with various types of eating disorders including; anorexia nervosa, bulimia nervosa, binge eating disorder and obesity. She sees males and females of all ages. Her approach involves teaching intuitive eating and establishing a healthier relationship with food.

Payment:
Accepts Medicaid or Medicare: No
Accepts most insurances

Hilary Warner, RD, LD
Nutrition Works
18 North Main Street, Suite 304
Concord, NH 03301
Telephone: (603) 223-8119

Description of Services: Hilary Warner is a registered dietitian providing nutritional therapy for clients with compulsive eating, binge eating disorder and obesity. She sees adolescents to adults: both males and female. Her treatment emphasizes appropriate eating and exercise for all shapes and sizes.

Payment:
Accepts Medicaid or Medicare: No
Accepts Harvard, Cigna, Anthem and others
Outpatient Therapists

Anne Marie Allwine
School counselor
Brewster Academy
80 Academy Drive
Wolfeboro, NH 03894
(603) 569-1600
Annemarie_allwine@brewsteracademy.org
www.brewsteracademy.org

Jacqueline Albers, MS
Manchester Mental Health
401 Cypress St.
Manchester, NH 03103
(603) 668-4111

Melissa Baughman
Addictions specialist, psychotherapist
www.melissa.a.baughman@hitchcock.org

Kim Burden, MA, LICSW
The Hyacinth Center
7 Main St. #5A
Keene, NH 03431
(603) 244-3325
*Specializes in eating disorders, movement therapy and GLBT issues

James Cameron, MA, LCMHC
Center for Adolescent & Family Services
25 Pork Hill Road
Ossipee, NH 03864
Telephone: (603) 539-1700
Fax: (603) 539-1701
camerondoc@aol.com

Description of Services: James Cameron is a licensed mental health counselor providing outpatient treatment of those with anorexia nervosa, bulimia nervosa, binge eating disorder and obesity. He also sees children and men with eating disorders. Individual, group, family and couples therapy is provided. He works with a nutritionist from the area hospital to cover nutrition therapy.

Payment
Accepts Medicaid or Medicare: No
Call for information on insurances
Center for New Beginnings
229 Cottage Street
Littleton, NH 03561
Telephone: (603) 444-6465
Fax: (603) 444-6233

Description of Services: Licensed psychologists, mental health counselors and social workers provide therapy for all ages and types of eating disorder patients in an outpatient clinic. Trauma and domestic violence associated with eating disorders is incorporated into the therapy if needed. Both males and females are seen.

Payment
Accepts Medicaid or Medicare: Yes
Most insurance accepted

Chris Chance, PhD.
163 Water St.
Exeter, NH 03833
(603) 580-1136

Description of Services: Dr. Chance is a licensed clinical psychologist who treats those with anorexia nervosa and bulimia nervosa when there are not severe complicating medical factors and the patient is seeing an existing medical team including a nutritionist.

Payment
Accepts Medicaid or Medicare: No
Most insurance accepted
**Description of Services:** The Center for Eating Disorders Management provides a multidisciplinary outpatient treatment for those with anorexia nervosa, bulimia nervosa, binge eating disorder, atypical eating disorder and obesity. Children ages 4 and older and men with eating disorders are treated. Laura Clauss is a family nurse practitioner and certified eating disorder specialist with over 30 years experience in the field. Medical treatment, nutritional counseling, eating disorder recovery groups for clients and families, and individual and group counseling for clients and families are all provided at the treatment center. Intensive outpatient program, which includes Family Based Therapy and Maudsley Approaches are employed.

**Payment**

- **Accepts Medicaid or Medicare:** Yes
- Most insurance accepted

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**Christine Chamberlain, PhD**

51 Ralston St.
Keene, NH 03431
(603) 244-3534

**Laurie Crider, PsyD**

155 Washington St.
Keene, NH 03431
(603) 733-4606

**Hilary Coons, PhD**

7 Allen Street
Hanover, NH 03705
Telephone: (603) 643-9717

**Description of Services:** Dr. Coons is a psychologist in a private outpatient clinic seeing patients from 12 years and older with various eating disorders including; binge eating disorder, anorexia nervosa, bulimia nervosa and other weight disorders. She treats for other co-occurring conditions including; substance abuse, self-injury and trauma issues.

**Payment**

- **Accepts Medicaid or Medicare:** No
- Out of network insurances; contact provider directly for details
Cindy Corracio, LICSW
New England Center for Comprehensive Counseling
4 Bud Way
Nashua, NH 03063
Telephone: (603) 886-5565
Description of Services: Cindy Corracio is a licensed social worker providing therapy for those with all spectrums of eating disorders including gastric bypass surgery. She sees males and females of all ages. Her therapy is a combination of approaches, including cognitive behavioral therapy and art therapy. Treatment is geared towards other related conditions like depression, bipolar disorder and post-traumatic stress disorder that eating disorder patients often experience.
Payment
Accepts Medicaid or Medicare: Yes
Accepts most insurances

Glen Dumont, CMHC
West Central Behavioral Health
18 Bailey Ave.
Claremont, NH 03743
Holyopheonix@yahoo.com

Ruth Elliot, LICSW
54 Airport Rd.
Concord, NH 03301
(603) 556-2897
relliot@gmail.com
*Eating disorders specialist, private practice

Heidi Fishman, EdD
367 Route 120, Unit B8
Lebanon, NH 03766
Telephone: (603) 643-6663
www.heidifishman.com
Description of Services: Dr Fishman is a psychologist seeing patients with all types of eating disorders including psychological evaluations for bariatric surgery. She treats older adolescents to adults; both male and female. Her therapy involves a combination of modalities that draw from a psychodynamic and feminist background.
Payment
Accepts Medicaid or Medicare: No
Insurances: in network with CBA and DSGHP; other out of network with other providers
Gladys Frankl, PhD
Hanover Psychiatry
23 Main St.
Hanover, NH 03755
(603) 244-3381
* Affiliated with Dartmouth Geisel School of Medicine, specializes in eating disorders, stress management, brain fitness, and relationship issues.

Janice George, LCMHC
233 Union Street
Portsmouth, NH 03801
Telephone: (603) 436-3653

Description of Services: Janice George is a licensed mental health counselor providing outpatient counseling for those with anorexia nervosa, bulimia nervosa and binge eating disorder: female and male adults only. Treatment focus is psychodynamic and psychoanalytical. She refers out for medical and nutritional components of therapy.

Payment
Accepts Medicaid or Medicare: Yes
All types of insurance

Deborah Hamilton, DEd, LICSW
3 Woodchuck Lane
Somersworth, NH 03875-2822
Telephone: (603) 692-4060

Description of Services: Dr. Hamilton is a licensed social worker providing individual, couple and family therapy for those with obesity, bulimia nervosa, compulsive overeating and those in preparation for gastric bypass surgery. She sees males and females ages 12 years and older. Her therapy modalities include: Eye Movement Desensitization and Reprocessing (EMDR) Internal Family Systems, Sensorimotor psychotherapy and supervision.

Payment
Accepts Medicaid or Medicare: No
Most insurances and sliding scale for self-pay
Nicholas Hudson-Swogger, LCMHC
PO Box 1425
64 Kearsarge Rd
North Conway, NH
(603) 319-4512
nick@ascentcounselingnh.com
www.ascentcounseling.com

Description of Services: Nicholas Hudson-Swogger provides mental health counseling for a wide range of mental health concerns. Specializes in anxiety disorders and eating disorders. Accepts patients from age 10 up. Treatment modalities include: Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Family-Based Therapy, Exposure and Response Therapy. He provides individual and family therapy.

Payment: Cash, credit card, check.
Accepts Medicaid or Medicare: No
Insurance: Not currently

Andrea Heitzman, MSW
35 South Street
Hanover, NH 03755
Telephone: (603) 643-3414

Description of Services: Andrea Heitzman is a master’s level social worker providing private outpatient counseling for anorexia nervosa and some bulimia nervosa cases without trauma or substance abuse related issues. She sees females; many college age but also older women. She uses a variety of counseling techniques to meet the client’s needs and works with others in nutritional therapy and psycho-pharmacology.

Payment
Accepts Medicaid or Medicare: No
Not a network provider but accepts insurances and private pay

Kimberly Lawrence Kol, PsyD
2945 Route 5
East Thetford, Vermont 05043
(802) 858-4993

Description of Services: Dr. Kol sees adult eating disorder patients with anorexia nervosa, bulimia nervosa, compulsive overeating and body image disorders; both male and female. She is licensed in Vermont and New Hampshire and sees patients one day a week in Hanover, NH.

Payment: Accepts Medicaid or Medicare: VT Medicaid
Out of provider network insurance
Joanne Lindbom. MSW, LICSW, ACSW
20 Ladd Street, Fourth Floor
Portsmouth, NH 03801
Telephone: (603) 433-7291

Description of Services: Joanne Lindbom is a licensed social worker providing outpatient therapy for male and female adult patients for a variety of eating disorders. Her specialties include binge eating disorder and overeating.

Payment: Call for information on insurance

Nancy McLane, LICSW
McLane Counseling Services
1 Wakefield St. #223
Rochester, NH 03867
(603) 332-2377
mclanen@aol.com

Marissa McCutchen, MA, LCMHC
Riverbend Community Mental Health
105 Loudon Rd.
Concord, NH 03301
(603) 228-1551

Nancy Maiello, LICSW
Great Bay Mental Health Association
35 Second Street
Dover, NH 03820
Telephone: (603) 742-9200

Description of Services: Nancy Maiello is a licensed clinical social worker with over 20 years experience providing outpatient therapy for male and female patients from age 8 and up for a variety of eating disorders. She uses a variety of therapy methods including; talk therapy, writing exercises and connections with community supports. She works with a nutritionist and medical provider to manage the nutrition and medical concerns of the patient.

Payment
Accepts Medicaid or Medicare: Yes, most private insurances
Mary Jo Martin, Ph.D
Associates in Psychology
4 Back River Road
Dover, NH 03820
Telephone: (603) 742-1746

Description of Services: Dr. Martin is a licensed psychologist providing outpatient therapy for all men and women with an eating disorder diagnosis. She works mostly with adults; but also sees some teenagers 16 years and older. Individual and group work offered. Groups include: women, college students, binge eaters and sometimes families. Dr. Martin has specialized in eating disorder treatment since 1986 and has been in private practice since 1991. Her therapy orientation is dynamic/relational and uses a multidisciplinary approach, collaborating with other providers in the area to cover the nutrition and medical components.

Payment
Accepts Medicaid or Medicare: No
Takes most insurances

Carolyn Morgan, PhD
Center for Counseling and Human Awareness
154 Broadway Suite 15-17
Nashua, NH 03060
Telephone: (603) 880-9880

Description of Services: Dr. Morgan is a psychologist treating adolescents 12 years and older with compulsive overeating or bulimia nervosa (medically stable) in a private outpatient setting. She sees both males and females.

Payment
Accepts Medicaid or Medicare: No
Takes Cigna and most Anthem insurances

Pat Myers, LICSW
3 Front St. Unit #30
PO Box 184
Rollingsford, NH 03869
Telephone: (603) 742-9300

Description of Services: Pat Myers is a licensed social worker providing outpatient therapy for males and females with eating disorders. She sees those with anorexia nervosa, bulimia nervosa and binge eating disorder. She also treats other addictions.

Payment
Accepts Medicaid or Medicare: No
Accepts insurances and sliding scale fee

Northern Human Services
Errin Fellner, MD
Judith Glick, Intake Coordinator
3 Twelfth St.
Berlin, NH 03570
(603) 752-7404
Monika Ostroff, LICSW
Pain Care Center
255 Route 108
Somersworth, NH 03878
Telephone: (603) 841-2301 #146

**Description of Services:** Monika Ostroff is a licensed social worker providing therapy in an outpatient setting for those 12 years and over with all types of eating disorders including anorexia nervosa, bulimia nervosa and binge eating disorder. She offers family therapy to those younger than 12. A variety of different treatments are used to best meet the needs of the patient. Ms. Ostroff also co-authored the book “Anorexia Nervosa: A Guide to Recovery” and was a contributing author to “Self-Harm Behavior and Eating Disorders” (John Levitt, Randy Sansone, and Leigh Cohn)

**Payment**  
**Accepts Medicaid or Medicare:** Yes  
Accepts most insurances

Elizabeth Panagoulis, PhD
154 Broadway, #1527
Nashua, NH 03060
(603) 880-9880

Jody Ransom, PsyD
127 Water Street
Exeter, NH 03833
Telephone: (603) 772-3386

**Description of Services:** Dr. Jody Ransom is a licensed psychologist who sees patients in outpatient therapy for all types of eating disorders including anorexia nervosa, bulimia nervosa, binge eating disorder and overeating. Dr. Ransom treats primarily adolescents through adults and occasionally, children. She offers group sessions emphasizing the non-dieting approach to weight control and the importance of dealing with underlying issues related to the eating disorder.

**Payment**  
**Accepts Medicaid or Medicare:** No  
Accepts most insurances

Debra Regan-Coffman, LCMHC
228 Pleasant St.
Concord, NH 03301
(603) 228-1600
debracoffman@gmail.com

Brad Reynolds, PhD
Hampstead Hospital
218 East Rd.
Hampstead, NH 03841
(603) 329-5311
Scott Schinaman, Psy.D
Growing Roots
85 Main St. 2nd floor
Plymouth, NH 03264
Telephone: (603) 238-3149

Description of Services: Dr. Schinaman provides outpatient therapy for children, aged 10 through adults with anorexia nervosa, bulimia nervosa and binge eating disorder. He uses Cognitive Behavior Therapy, Dialectical Behavior Therapy, as well as Maudsley and Family Based Treatment.

Payment
Accepts Medicare: Yes
Accepts some insurances

Beth Schwenzfeier, PhD
16 5th St.
Dover, NH 03820
Telephone: (603) 749-4462

Description of Services: Dr. Schwenzfeier provides outpatient therapy for those 18 and over with anorexia nervosa, bulimia nervosa and obesity that are medically stable and have an established relationship with a primary care provider and psychiatrist.

Payment
Accepts Medicaid or Medicare: Yes
Accepts some insurances and sliding scale fee

Elizabeth Shehadi, MSW
Plymouth State University Counseling Center
17 High St. MSC 22
Plymouth, NH 03264
eashehadi@plymouth.edu

Donna Steinberg, PhD
7 Rope Ferry Rd.
Hanover, NH 03755
Telephone: (603) 646-9442

Description of Services: Dr Steinberg is licensed psychologist treating male and female adolescents 13 and older and adults for anorexia nervosa, bulimia nervosa and binge eating disorder. She also sees patients with gastric bypass surgery. She works both at Dartmouth College and in private practice. Her therapy includes psycho-education and cognitive behavioral therapy.

Payment
Accepts Medicaid or Medicare: No
Accepts Dartmouth College student plan and other insurances out of network
Estelle Thibodeau-Bernier, LICSW
330 New Durham Rd.
Alton, NH 03809
(603) 941-4878
Also: 41 Glendale Place, Gilford, NH 03249

Wendy Quinn, PsyD
118 Maplewood Ave. Bldg. A, 2nd Floor
Portsmouth, NH 03801
(603) 969-5681
*LADC, MDMR

Tina Zorger, PsyD
30 Mirona Road Ext.
Portsmouth, NH 03801
Telephone: (603) 373-6668
tp727@yahoo.com
Description of Services: Dr. Zorger is a licensed psychologist providing outpatient therapy for all types of eating disorders including: anorexia nervosa, bulimia nervosa and binge eating disorder. She sees females and males from age 12 and over.
Payment
Accepts Medicaid or Medicare: Yes
Accepts most insurances

Medical Professionals

Julie Beulte, ARNP
253 Pleasant St.
Concord, NH 03301
(603) 226-6117

Megan Carman, MD
Riverbend Community Health
52 Kendall St.
Franklin, NH 03235
(603) 934-3400
Jennifer Casey, MD
383 Central Suite 318
Dover, NH 03820
Telephone: (603) 749-9900
Fax: (603) 749-9901

**Description of Services:** Dr. Casey is a licensed psychiatrist providing private outpatient treatment of those with; anorexia nervosa, bulimia nervosa, binge eating disorder and eating disorders not otherwise specified. She sees male and female adolescents and adults 16 years and over.

**Payment**

**Accepts Medicaid or Medicare:** No
Most insurance accepted

Patricia Cayer, MD
Pediatric Health Association
275 Mammoth Rd. #1C
Manchester, NH 03109
(603) 663-8350

Arlene Halsted, NP, APRN
New London Hospital
273 County Rd.
New London, NH 03257
(603) 526-5544
Arlene.halstead@newlondonhospital.org

Vonda Haas-Reuda, PA
Private Practice
63 Range Rd. #201
Windham, NH 03087
(603) 863-4119

Constance Jetta Morrison, DNP, MBA, JD
75 Main St. #4
Plymouth, NH 03264
(603) 667-5578
*Psychiatric Nurse Practitioner, Attorney for 17+*
Michael Knight, MD
Hampstead Hospital
218 East Road
Hampstead, NH 03841
(603) 329-5311

Description of Services: Dr. Knight is a psychiatrist seeing eating disorders patients exclusively for medication management. He works frequently with other therapists to manage the psycho-pharmacological component of treatment and is consulted by insurance companies for consultation of therapy sessions.

Payment
Accepts Medicaid or Medicare: Yes
Accepts most insurances

Jeanne Prescott, APRN, M.Ed, MSN
Belknap Family Health Center
238 Daniel Webster Highway
Meredith, NH 03253
Telephone: (603) 279-7433
OR
Moultonboro Family Health Center
60 Whittier Highway, Unit 12
Moultonboro, NH 03254-3684
Telephone: (603) 253-6925
jpescott@lrgh.org

Description of services: Assessment of eating disorders and recommendation for level of care and outpatient medical monitoring of eating disorders.

Payment
Accepts Medicaid or Medicare: No
Accepts most insurances
Treatment Centers

The Center for Eating Disorders Management, Inc.
Laura Clauss, ARNP-C, CEDS, President and CEO
Tara Davis Thompson, LMHC
Elizabeth Frescoln, LICSW
Kathleen Corkery, LICSW
360 Route 101, Unit 10
Bedford, NH 03110
Telephone: (603) 472-2846
Fax: (603) 472-2872
www.cedm-inc.com
laura.clauss@cedm-inc.com

Description of Services: The Center for Eating Disorders Management provides a multidisciplinary outpatient treatment for those with anorexia nervosa, bulimia nervosa, binge eating disorder, atypical eating disorder and obesity. Children ages 4 and older and men with eating disorders are treated. Laura Clauss is a family nurse practitioner and certified eating disorder specialist with over 30 years’ experience in the field. Medical treatment, nutritional counseling, eating disorder recovery groups for clients and families, and individual and group counseling for clients and families are all provided at the treatment center. Intensive outpatient program, which includes Family Based Therapy and Maudsley Approaches are employed.

Payment
Accepts Medicaid or Medicare: Yes
Most insurances

Education

Mardie Burckes-Miller, Ed.D. CEDS, FAED
Eating Disorders Institute Graduate Certificate Program
Plymouth State University
11 High St. MSC #22
Plymouth, NH 03264
(603) 535-2515
margaret@plymouth.edu
http://www.plymouth.edu/graduate/academics/degrees/masters/med/health-education/eating-disorders-institute/certificate/

Treatment Details: No treatment provided
Dr. Burckes-Miller is the Founder and Director of the Eating Disorders Institute, a graduate program for professionals to specialize in eating disorders. She is a Certified Eating Disorders Specialist, a Fellow, Academy of Eating Disorders, National Eating Disorders Association Coordinator, NH Eating Disorders Network Team, and NH Eating Disorder Conference Coordinator.
Maine Providers

Dietitians

Amy Clark Dye, RD, LD
200 High Street
Portland, ME 04101
Telephone: (207) 205-5505

Description of Services: Amy Clark Dye is a registered dietitian providing nutritional therapy for clients with all types of eating disorders. She sees males and females of all ages and also works at the Mercy Hospital eating disorder program.

Payment
Accepts Medicaid or Medicare: No
Accepts most insurances

Debbie Pepper Dougherty, RD, LD
201 Main St. Suite 5
Westbrook, ME 04092
Telephone: (207) 781-4922
dpepperd@mac.com

Description of Services: Pamela Stuppy is a registered dietitian providing nutritional therapy for clients with various types of eating disorders including; anorexia nervosa, bulimia nervosa, binge eating disorder and compulsive overeating. She sees males and females of all ages and works with other therapists to provide comprehensive treatment. She works with schools also to provide education and intervention.

Payment
Accepts Medicaid or Medicare: No
Accepts most insurances

Pamela Stuppy, RD, LD
PO Box 251
York Harbor, ME 03911
Telephone: (207) 363-8392
www.pamstuppynutrition.com
Outpatient Therapists

**Arlene Brewster, PhD**
433 Route 1, Bldg.1, #215
York, ME 03909
(207) 439-2254
www.brewsterphd.com

*Description of Services:* Dr. Brewster is a licensed psychologist providing therapy in a private, outpatient setting for adolescent girls over age 15 and women. Her specialty areas are anorexia nervosa and bulimia nervosa. Individual, couple and family therapy offered. She works closely with the patient’s primary care physician and with a nutritionist.

*Payment*

**Accepts Medicaid or Medicare:** Medicare, yes
Most private insurances accepted

**Linda J. Cooke, LICSW**
83 Portland Road, Suite 4
Kennebunk, ME 04043
Telephone: (207) 467-9092
Fax: (207) 985-4623

*Description of Services:* Linda Cooke is a licensed social worker specializing in adolescents 13 years and older; both male and female. She treats for all types of eating disorders using a body-oriented; talk therapy approach along with Eye Movement Desensitization and Reprocessing Therapy (EMDR).

*Payment*

**Accepts Medicaid or Medicare:** No
Most insurance, HMO’s will consider sliding scale fee

**Risa Moon LICSW, MEd**
609 Forest Avenue
Portland, ME 04106
Telephone: (207) 712-4031
Fax: (207) 774-0414

*Description of Services:* Risa Moon is a licensed social worker who has 20 years experience helping individuals and family members. She provides outpatient counseling in a private practice for adults with anorexia nervosa, bulimia nervosa and obesity. She also sees men with eating disorders. She does not see children.

*Payment*

**Accepts Medicaid or Medicare:** No
Call for information on insurances
Drusilla Myers, LADC, NCACII, CCS
Food Addiction Chemical Dependency Consultants, LLC
650 Main Street, Suite 103
South Portland, ME 04106
Telephone: (207) 774-4564
Fax: (207) 774-0006
facdc@conversent.net
www.addictiontreatmentplus.com
*Offices in Biddeford, Lewiston, Windham, and Old Orchard Beach.

Description of Services: Drusilla Myers is a licensed alcohol and drug counselor providing outpatient treatment for people of all ages with mental health, abuse or food issues and their families. Special populations include trauma, sexual abuse and addiction. She sees those with all types of eating disorders including anorexia nervosa, bulimia nervosa, binge eating disorder and obesity. Her population includes children and men with eating disorders. Individual therapy, group, family and couples therapy offered. Nutritional counseling also provided.

Payment
Accepts Medicaid or Medicare: Yes
Call for information on insurances

Sandra Pickard, FNP-BC
Above & Beyond Wellness
8 Pond Rd.
Manchester, ME 04351
(207) 624-1246
www.aboveandbeyondwellnessforwomen.com
info@aboveandbeyondwellnessforwomen.com

Description of Services:
Multiple practitioners, nutrition, counseling, fitness, alternative therapies, and workshops

Shenaugh W. Tripp, LICSW
200 High Street
Portland, ME 04101
Telephone: (207) 671-7285
Fax: (207) 774-3949
Shenaugh@verizon.net

Description of Services: Shenaugh Tripp is a licensed social worker providing outpatient clinical therapy for men, women, and children struggling with food related issues. Ms. Tripp provides treatment for trauma, sexual abuse and depression. She serves patients with anorexia nervosa, bulimia nervosa, or binge eating disorder; ages 10 or older and men. Individual, group, family, and couples therapy provided. Fluent in Spanish.

Payment
Accepts Medicaid or Medicare: No
Call for information on insurances
Residential/Inpatient Treatment Centers

Mercy Hospital
New England Eating Disorders Program (N.E.E.D.)
Ruth Frydman, MD
Lorria Briggs or Jean Kouba
Program Managers
144 State Street
Portland, ME 04101
Telephone: (207) 879-3795
www.mercyhospital.com

**Description of Services:** Mercy Hospital offers intensive outpatient and partial hospitalization programs for all eating disorders, in addition to acute medical stabilization care. Nutritionists, therapists, physicians and nurses provide treatment. Group therapy, family therapy and education is also available.

**Payment**
**Accepts Medicaid or Medicare:** Medicaid most of the time
Call for information on insurances

Education

Mary Orear, MA
Mainely Girls
PO Box 793
Rockport, ME 04856
(207) 230-0017
Mainelygirls2@gmail.com
www.Mainelygirls.org

**Description of Services:** Statewide treatment network, training, and information distribution
Northern Massachusetts Providers

Dietitians

Marci Anderson, RD, LD
Marci RD Nutrition Counseling
22 Hilliard St.
Cambridge, MA 02138
(617) 834-7336
info@marcird.com
www.marcird.com

**Description of Services:** Group practice specializing in all types of eating disorders
*Adjunct professor at Plymouth State University’s Eating Disorders Institute

Ellen Byron, RD, LD, CDE
215 Summer St, Suite 8
Haverhill, MA 01830
Telephone: (978) 373-6809
Fax: (978) 373-6808

**Description of Services:** Ellen Byron is a dietitan and certified diabetes educator providing nutrition education for all types of eating disorders including compulsive overeating. She sees both males and females from young adolescents to adults.

**Payment**
**Accepts Medicaid or Medicare:** No
Major insurances accepted

Nancy Clark, MS, RD – Sports Nutrition Services
Healthworks
1300 Boylston Street
Brookline, MA 02467
Telephone: (617) 795-1876
Fax: (617) 795-1876
nclarkrd@rcn.com
www.nancyclarkrd.com

**Description of Services:** Nancy Clark is a dietitian providing nutrition education and support in an outpatient private practice to help change food fears into positive fueling. Special populations served include: athletes, exercisers, runners, tri-athletes and dancers. Nancy Clark treats adult men and women with anorexia nervosa, bulimia nervosa, binge eating disorder and obesity.

**Payment**
**Accepts Medicaid or Medicare:** No
Call for information on insurances
Ellen R. Glovsky, PhD, RD
Coaching for Nutrition & Weight Management
85 Lincoln Woods Road
Waltham, MA 02451
Telephone: (781) 890-1618
Fax: (781) 890-7886
ellen@nutrition-coach.com
www.nutrition-coach.com

**Description of Services:** Dr. Glovsky is a registered dietitian providing individual outpatient nutrition therapy; specializing in weight management, eating disorders, and preventive nutrition for women and men. She sees adults with bulimia nervosa, binge eating disorder, and obesity.

**Payment**

Accepts Medicaid or Medicare: No
Call for information on insurances

Elizabeth Jarrard, RD
PO Box 35572
Brighton, MA 02135
(307) 349-0503

Nutrition Therapy and Coaching Practices
Lisa Pearl, RD, LD
Maria Walazek, RD, LD
Heather Bell, RD, LD
Amy Aubertin, RD, LD
Robyn Vogel, RD, LD
Martha Kurland, LICSW
Marilyn Ritholz PhD
33 Bedford Street, Suite 20
Lexington, MA 02420
Telephone: (781) 674-1189

**Description of Services:** Nutritional and psychological counseling provided for all types of eating disorders from children through adults; both male and female.

**Payment**

Accepts Medicaid or Medicare: Check with provider
A variety of insurances accepted

Rhys Wyman, RD
68 Main Street, #3, 2nd Floor
Andover, MA 01810
Telephone: (978) 474-4478
www.nutritionfactory.com

**Description of Services:** Rhys Wyman, a registered dietitian, provides nutritional therapy for those with anorexia nervosa, bulimia nervosa, binge eating disorder and obesity. He specializes in diabetes and cholesterol management.

**Payment**

Accepts Medicaid or Medicare: Nutritional therapy not covered under Medicaid
Call for information on insurances
Outpatient Therapists

Susan E. Allen, EdD
One Merrimac Street, Suite 16
Newburyport, MA 01950
Telephone: (978) 558-0940
Fax: (978) 462-9007
susan.e.allen@verizon.net
*Additional office in Freeport, ME.
Telephone: (207) 846-7999

Description of Services: Dr. Allen is a licensed psychologist and professional coach. Her approach includes: cognitive behavioral, psychoeducational and interpersonal therapy. She serves patients with anorexia nervosa, bulimia nervosa, binge eating disorder and obesity. Children thirteen and older are seen along with men. Teleconferencing groups and workshops for families, parents and loved ones are available. “Moving On” groups are offered for those moving on from the most acute stages of bulimia or binge eating.

Payment
Accepts Medicaid or Medicare: Yes
Call for information on insurances

Margaret Babbott, Ph.D.
16 Center St.
PO Box 961
North Hampton, MA 01061
Telephone: (413) 586-9922

Description of Services: Dr. Babbott treats patients with bulimia nervosa and compulsive overeating in an outpatient setting. She specializes with college students but also sees midlife adults.

Payment
Accepts Medicaid or Medicare: No
Accepts Blue Cross General, and Pioneer Health

Dayna Belluardo, MEd, LMHC
21 Central Street
Andover, MA 01810
Telephone: (978) 470-4975

Description of Services: Dayna Belluardo is a licensed mental health counselor treating patients of all ages with a full spectrum of eating disorders. Her specialty includes early interventions along with parent education and family support. In addition she collaborates with schools and helps families with education and information to support their needs.

Payment
Accepts Medicaid or Medicare: No
Private pay; talk with provider directly for more information
Lisa-Claudia Brown, LICSW
307 Ayer Road
Harvard, MA 01451
Telephone: (978) 772-0009
Lisa@Bluewillowmoons.com
www.BlueWillowMoons.com or IntuitiveBody.com

Description of Services: Lisa-Claudia Brown is a licensed social worker with twenty years of experience treating women and adolescents. She specializes in trauma, addictions, depression and anxiety. Her outpatient therapy involves supportive, collaborative techniques for clients to reconnect with their body, their intuition, power and voice. Guided relaxation and writing is included. Phone and home-study programs are available. She serves populations with bulimia nervosa and obesity; treating children ages 12 and older and men with eating disorders. Group support and nutritional counseling is also provided.

Payment
Accepts Medicaid or Medicare: No

Center for Anxiety and Related Disorders
648 Beacon Street, Sixth Floor
Kenmore Square
Boston, MA 02215
Telephone: (617) 353-9610

Description of Services: Comprehensive services in an outpatient setting provided for adolescents seven years and older and adults; male and female. Cognitive-Behavioral treatments for anorexia nervosa, bulimia nervosa and other eating disorders in association with anxiety disorders are provided in a multidisciplinary team approach.

Payment
Accepts Medicaid or Medicare: Yes
Most insurance, sliding fee

Corrine Crossley, LMHC
339 Washington St.
Dedham, MA 02062
www.corrinecrossley.com

Joan Caroll-Cronin, LICSW
Boundaries Therapy Center
518 Great Rd.
Acton, MA 01720
(978) 263-4878

Description of Services: Joan Carroll-Cronin is a licensed social worker in private, outpatient practice, treating women and men with anorexia nervosa, bulimia nervosa and binge eating disorder, from ages 12 years and older. She also treats those with dual-diagnosis.

Payment
Accepts Medicaid or Medicare: Medicare – pending; no Medicaid
Takes all major insurances
Louisa Chase, LICSW
76 Bedford Street, Suite #25
Lexington, MA 02420
Telephone: (781) 862-7840 x2
louisachase@mindspring.com

Description of Services: Louisa Chase is a licensed social worker treating adolescents, young adults and families; drawing from many theories. She works with other providers as a treatment team also providing family therapy. She sees patients with anorexia nervosa, bulimia nervosa and binge eating disorder; treating females only ages 12 and older.

Payment
Accepts Medicaid or Medicare: No
Call for information on insurances

Jodi Galin, PhD
Five Raymond Street
Lexington, MA 02421
Telephone: (781) 861-1211
jr.galin@verizon.net

Description of Services: Dr. Galin is a licensed psychologist providing a cognitive behavioral, relational, psychodynamic, team approach for treating those with anorexia nervosa, bulimia nervosa, and binge eating disorder. She sees children ages 15 and older and men with eating disorders. Individual and group therapy offered.

Payment
Accepts Medicaid or Medicare: No
Call for information on insurances

Suzanne Goldberg, LICSW
5 Market Square, Suite 206
Amesbury, MA 01913
Telephone: (978) 388-0606

Description of Services: Suzanne Goldberg is a licensed social worker providing outpatient counseling for adolescents 13 and over and adults with anorexia nervosa, bulimia nervosa and compulsive overeating. Cognitive behavioral therapy is provided along with healthy self-concept and skills development interventions. She works with a team including a nutritionist and a psycho-pharmacologist when needed.

Payment
Accepts Medicaid or Medicare: No
Most HMO’s

Natalie Gornstein, LICSW
33 Bedford St. Suite 20
Lexington, MA 02421
ngornstein@hotmail.com
Emily Gordon, PsyD  
1330 Beacon St. Suite 256  
Brookline, MA 02446  
Emily_Gordon@hms.harvard.edu  

**Description of Services:** Dr. Gordon is a licensed clinical psychologist providing individual therapy, family therapy and consultation for adolescents and adults with eating disorders in a private outpatient setting. Populations served include; anorexia nervosa, bulimia nervosa and binge eating disorder. Dr. Gordon also sees men and children ages 12 years and older.

**Payment**  
Accepts Medicaid or Medicare: No  
Accepts most insurances

Laura Goodman MEd, LMHC  
63 Park Street, 3rd Floor  
Andover, MA 01810  
Telephone: (978) 475-1617  

**Description of Services:** Laura Goodman is a psychotherapist specializing in the treatment of the full spectrum of eating disorders in children, adolescent and adults; male and female. She is also a regional and national speaker on eating disorders and author of several books. Ms. Goodman provides in-service trainings, consultation, supervision and speaking engagements.

**Payment**  
Accepts Medicaid or Medicare: No  
Accepts most insurances

Karin Lewis, MA, LMFT  
Eating Disorder Center of Andover  
68 Main St. Unit #5  
Andover, MA 01810  
Karin@EDCAndover.com  
www.EDCAndover.com

Lauren Manasse-Latham, LICSW  
3 Henshaw St.  
Brighton, MA 02135  
(617) 363-9988  
info@LaurenManasse.com  

**Description of Services:** Since 1999, Lauren’s clinical practice has focused almost entirely on working with individuals and families with disordered eating and body image issues, and working to help foster resilience and skillfulness in living it, and through, recovery. Lauren offers individual, couple, and family therapy consultations and supervision.

**Payment**  
Accepts Medicaid or Medicare: Call for information on insurances  
*Adjunct professor at Plymouth State University’s Eating Disorders Institute
Nanci Pradas, LICSW, PhD  
South Windmill Hill Rd.  
Stow, MA 01775  
Telephone: (978) 897-5201  
Fax: (978) 567-9989  
npradas@myselfhelp.com  
www.myselfhelp.com  

**Description of Services:** Dr. Pradas is a licensed social worker utilizing behavioral techniques while working psycho-dynamically on the underlying issues and relationships. She provides treatment for those with anorexia nervosa, bulimia nervosa, binge eating disorder and obesity in an outpatient setting. Populations seen include: male and female adolescents and adults with eating disorders. Family therapy and couples therapy is also provided.

**Payment**  
**Accepts Medicaid or Medicare:** No  
Call for information on insurances

Alice Rosen, M.S., M.Ed., LMHC  
Concord, MA 01742  
Telephone: (978) 369-1385  
www.theconsciouscafe.org  
alice@theconsciouscafe.org  
alice.rosen@gmail.com  

*Feeding Ourselves* program, workshops  

**Description of Services:** Alice Rosen is a licensed mental health counselor treating women and men ages 16 and over with anorexia nervosa, bulimia nervosa, and binge eating disorder. Her approach includes internal family system therapy.

**Payment**  
**Accepts Medicaid or Medicare:** No  
Call for information on insurances

Elizabeth Smith, PhD  
99 East Central Street  
Natick, MA 01760  
Telephone: (508) 655-3302  
Fax: (781) 235-5557  

**Description of Services:** Dr. Smith offers integrative bio-psychosocial treatment for children and females in an outpatient setting; seeing patients with anorexia nervosa, bulimia nervosa, binge eating disorder and obesity. Individual therapy, family therapy and couples therapy are provided. She does not treat men with eating disorders.

**Payment**  
**Accepts Medicaid or Medicare:** No  
Call for information on insurances
Paula Vass, MSW, LICSW
Walden Behavioral Care
9 Hope Ave. #500
Waltham, MA 02453
Telephone: (781) 644-6270
vassrpjj@comcast.net

**Description of Services:** Paula Vass is a licensed social worker providing integrative bio-psychosocial treatment for children and females in an outpatient setting. Cognitive behavioral techniques are utilized while working on the underlying issues for the behaviors. She sees patients with anorexia nervosa, bulimia nervosa, binge eating disorder and obesity. Individual therapy, family therapy and couples therapy are provided along with nutrition therapy.

**Payment**

**Accepts Medicaid or Medicare:** No
Most insurance

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Mona Villapiano, PsyD, MSW
727 Centre Street
Newton, MA 02458
Telephone: (617) 965-9702
Fax: (617) 965-9702
mvillapiano@rcn.com

**Description of Services:** Dr. Villapiano, a licensed psychologist, provides outpatient treatment to individuals and families with anorexia nervosa, bulimia nervosa, binge eating disorder and obesity. Dr. Villapiano sees children ages 16 and older and men with eating disorders. She has been in practice since 1984 and has written several publications.

**Payment**

**Accepts Medicaid or Medicare:** Yes, most insurance

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Michelle Wilson, MA, LMHC
Inner Oasis Counseling
63 Park Street, 3rd Floor
Andover, MA 01810
Telephone: (978) 801-1985

**Description of Services:** Michelle Wilson is a licensed mental health counselor providing outpatient services for those with anorexia nervosa, bulimia nervosa and binge eating disorder. She sees both males and females; including adolescents.

**Payment**

**Accepts Medicaid or Medicare:** No
Various forms of Blue Cross and others
Residential and Inpatient Treatment Centers

Cambridge Eating Disorder Center
Seda Ebrahimi, PhD, Director
Three Bow Street
Cambridge, MA 02138
Telephone: (617) 547-2255 ext 222
Fax: (617) 547-0003
www.EatingDisorderCenter.org

Description of Services: The Cambridge Eating Disorder Center offers residential, partial hospitalization, intensive outpatient and inpatient programs for adolescents over 12 and adults: both male and female. The treatment team offers comprehensive services in the treatment of anorexia, bulimia, binge eating disorder and related mental health concerns. Depending on each individual's unique needs, a treatment team may consist of a therapist, a registered dietitian, a psychiatrist and a primary care physician. Family and group therapy along with a support group is also offered.

Payment
Accepts Medicaid or Medicare: Yes
Most insurance

The Klarman Eating Disorders Center at McLean Hospital
Patricia Tarbox, LICSW, Director
115 Mill Street
Belmont, MA 02478
Toll Free Number: (800) 333-0338 or (617) 855-3410
Fax: (617) 855-3409
klarmancenter@mclean.org
www.mclean.harvard.edu/patient/child/edc.php

Description of Services: The Klarman Eating Disorders Center endorses a balanced, comprehensive approach to treatment. Goals include: developing a healthy relationship with food and body, enhancing self-image and insight into underlying issues. Clinicians treat females ages 13-23 with anorexia nervosa and bulimia nervosa including treatment of substance abuse, depression, trauma, anxiety and other co-morbid psychiatric conditions. Group and family therapy is provided and nutrition counseling is included in treatment.

Payment
Accepts Medicaid or Medicare: Yes, call for information on insurance
Monte Nido Laurel Hill
Medford, MA
Nikki Rollo, LMFT
Manager Director, East Coast Operations, Development, Admissions
Monte Nido Laurel Hill
Eating Disorder Treatment New York
(626) 808-7633
nikki@montenido.com
www.MonteNido.com

Description of Services: Monte Nido at Laurel Hill Inn provides a healing environment where clients can focus on recovery and regain a healthy relationship with food and their bodies. The home-like atmosphere provides comfort in a unique and nurturing setting where the challenges necessary for recovery transpire. The Monte Nido at Laurel Hill program places high priority on individual care including treatment planning and individual therapeutic sessions for anorexia, bulimia, binge eating and exercise addiction. Under the guidance of Carolyn Costin, having treated in eating disorders for over 30-years, an advocate and author, the program specializes in treating the co-occurring issues often surrounding an eating disorder such as alcohol and drug addiction, depression, isolation, obsessive-compulsive disorders and anxiety.

Payment
Accepts Medicaid or Medicare: Call for information
Most insurance accepted

Walden Behavioral Care, LLC
Emily Slager, M.Ed.
9 Hope Avenue, Suite 500
Waltham, MA 02453
info@waldenbehavioralcare.com
www.waldenbehavioralcare.com
Locations include: Waltham, MA; Northampton, MA; Worcester, MA; Braintree, MA; Windsor, CT
Telephone: (781) 647-6700 (Waltham)
Admissions Telephone: (781) 647-6727

Description of Services: Walden Behavioral Care is one of the first hospitals in the country to offer a full continuum of care for eating disorders including; inpatient care, residential care, partial hospitalization, and intensive outpatient care. The continuum of care approach is designed to match the patient’s need at any point in time adjusting to relapses as well as breakthroughs. Adolescents, males and females are seen for medical, nutritional, behavioral and psychiatric treatment. Specialty areas include: anorexia nervosa, bulimia nervosa and diabetics with eating disorders. Some patients with obesity are seen. Individual, group and family counseling are provided.

Payment
Accepts Medicaid or Medicare: Yes
Most insurance accepted
Vermont Providers

Dietitians

Mary Anne Kyburz-Ladue RD, CD, CDE
Burlington Primary Care
789 Pine Street
Burlington, VT 05401
Telephone: (802) 864-0693

Description of Services: Mary Anne Kyburz-Ladue is a registered dietitian providing nutritional counseling for those with all types of eating disorders including: anorexia nervosa, bulimia nervosa, binge eating disorder and obesity. She also sees children with eating disorders.

Payment

Accepts Medicaid or Medicare: Yes, All plans accepting medical nutritional therapy

Outpatient Therapists

Burlington Eating Disorder Center
Jyoti Daniere, MA, LMHC
3 Main Street
Burlington, VT 05401-5216
Telephone: (802) 863-7055

Description of Services: Jyoti Daniere is a licensed mental health counselor providing therapy for a full spectrum of eating disorders including: anorexia nervosa, bulimia nervosa, binge eating disorder, compulsive overeating and related co-occurring conditions like depression and posttraumatic stress disorder. Her therapy focuses on cognitive behavioral therapy and narrative work. She collaborates with other members of the eating disorder team including dietitians, psychiatrists and primary care providers.

Aimee Digiucio-Schaefer, LICMHC
157 Town Ave.
Plainfield, VT 05667
(802) 454-8336

Anya Raven Hunter, PhD
Eating with Grace
88 King St. Suite 101
Burlington, VT 05401
(802) 318-4140
anya@eatingwithgrace.com
www.eatingwithgrace.com
*Counseling, coaching, workshops, web-based or in person services
Kimberly Lawerence Kol, Psy. D.
PO Box 351
Thetford Center, VT 05075
Telephone: (603) 208-9980

Description of Services: Dr. Lawerence Kol is a clinical psychologist licensed in NH & VT. Her therapy focuses on education and empowerment. She sees patients in an outpatient private practice with anorexia nervosa, bulimia nervosa, binge eating disorder and obesity. Children ages 12 and over and men with eating disorders are served. She is not currently doing group therapy.

Payment
Accepts Medicaid or Medicare: No
Call for information on insurances

Elena Ramirez, PhD
595 Dorset St. #2
S. Burlington, VT 05401
(802) 651-8999
www.therapyvermont.com

Description of Services: Dr. Ramirez focuses on cognitive behavioral therapy for eating and weight related concerns provided in a private, outpatient therapy setting. She serves patients with anorexia nervosa, bulimia nervosa, binge eating disorder and obesity. She also sees children of all ages and men with eating disorders. Support groups offered.

Payment
Accepts Medicaid or Medicare: Yes
Call for information on insurances
Residential and Inpatient Treatment Centers

Crossroads
Jodie Bisson, MA Director
15 Pinecrest Drive
Essex Junction, VT 05452

Description of Services: An intensive outpatient or partial hospitalization program for males and females ages 12 and greater with the primary focus of Dialectical Behavioral Therapy. Family and group therapy provided along with nutritional services.

Payment
Accepts Medicaid or Medicare: No
Insurances and sliding scale

Green Mountain at Fox Run
Marsha Hudnall, MS, RD, CD
Program Director
PO Box 164
Fox Lane
Ludlow, VT 05149
Telephone: (800) 448-8106 or (802) 228-8885
Fax: (802) 228-8887
www.fltwoman.com

Description of Services: A women’s retreat center, emphasizing healthy living without dieting. The center serves women 17 years and older struggling with overeating, binge eating or compulsive eating. The center is designed for those with weight issues but not having a diagnosed eating disorder.

Payment
Accepts Medicaid or Medicare: No
Call for information on insurance

Retreat Healthcare
PO Box 803
Anna Marsh Lane
Brattleboro, VT 05301
Telephone: (800) RETREAT (738-7328) or (802) 257-7785
www.retreathealthcare.org

Description of Services: Outpatient services for treatment of anorexia nervosa, bulimia nervosa, binge eating disorders and consultation for gastric bypass surgery. This includes outpatient psychotherapy services as well as psychiatric consultation and nutrition counseling.

Payment
Accepts Medicaid or Medicare: Yes, both
Works with most health insurances
Assess the Problem

The first step in working with insurance companies for an eating disorder is to get a complete evaluation to properly diagnose and assess any related physical or mental health problems. The assessment should be done by a health care provider with training and experience in eating disorders. They can best make treatment recommendations.

A complete assessment will rule out any other physical causes for the symptoms, assess the impact of the illness to date, and determine if immediate medical intervention is needed. Common physical symptoms associated with eating disorders may include: osteoporosis (thinning of the bone), health problems (especially irregular heart rhythms from electrolyte imbalance), kidney problems (from the dehydration and starving or purging behavior), and brain problems (from the starvation). Constipation, diarrhea, acid reflux, nausea and heartburn are also common gastrointestinal problems.

There are often co-occurring health issues related to the eating disorder like depression, anxiety, obsessive-compulsive disorder, social phobias, post-traumatic stress disorder, alcohol, and drug problems.

Deciding on the Right Treatment

The second step is to decide what level of treatment is needed. Outpatient, inpatient, partial hospitalization, residential, or intensive outpatient treatments are available and are best determined by the provider assessing the eating disorder. The level and intensity of the treatment will depend upon the severity of the symptoms. A treatment team may include a therapist, psychiatrist, primary care provider and nutritionist.

Check to see if your insurance covers “biologically based benefits”. In New Hampshire this means that the parity laws will cover for a diagnosis of Anorexia Nervosa or Bulimia Nervosa and benefits cannot be limited unless the employer is a self-funded group. Insurers can still limit visits to get around parity laws.

Check your Insurance or Medicare/Medicaid

If you have coverage, check your policy for mental health benefits and the details. Many hospitals and treatment centers do accept Medicaid and Medicare. If a mental health center is partially funded by county, state or federal funds, you can sometimes get reduced treatment costs. Check to see if they have staff knowledgeable on eating disorders. Private practitioners may also see people on a sliding fee scale or at no charge. Scholarships are sometimes available and services may be free or reduced in exchange for participating in a research study.

For College Students

Many colleges and universities have a counseling or student health center that includes eating disorders treatment. Students pay a small fee for these services as part of their tuition.
For more information on coverage and dealing with problems related to treatment costs see the National Eating Disorders Association fact sheet *Eating Disorder Survival Guide* on their Web site at www.NationalEatingDisorders.org or contact their information and referral helpline at (800) 931-2237. (*Revision from the Eating Disorders Survival Guide, 2005 National Eating Disorders Association.)*

### Additional Web Site Resources

**Academy of Eating Disorders**
- www.aedweb.org
  - Professional organization that promotes effective treatment, develops prevention initiatives, stimulates research, and sponsors international conferences and regional workshops.

**Anorexia Nervosa and Related Eating Disorders**
- www.anred.com
  - Dedicated to providing reliable information on eating disorders.

**Body Positive**
- www.bodypositive.com
  - Site dedicated to boosting body image at any weight by looking at ways we can feel good in the bodies we have. Provides information on children and weight, facts about body image and dieting, links to other sites, forums and professional resources.

**Caring Online**
- www.caringonline.com
  - A great Web site packed with information, articles, insurance information, pen pals, message boards.

**Dads and Daughters**
- www.dadsanddaughters.org
  - Organization dedicated to making the world a safer, fairer place for our daughters. Media watchdog campaigns, books and newsletter all targeted toward fathers.

**Eating Disorders at Mental Health**
- http://eatingdisorders.mentalhelp.net
  - Provides basic information, links to online resources and support, research and treatment information.

**Eating Disorders Coalition**
- www.eatingdisorderscoalition.org
  - Nonprofit organization dedicated to advancing the federal recognition of eating disorders as a public health priority.

**Eating Disorder Referral and Information Center**
- www.edreferral.com
  - This Web site provides referrals to licensed professional eating disorder specialists, treatment facilities and support groups, while also offering general information about the treatment and prevention of eating disorders.
Gurze Books
www.bulimia.com
Book publisher carrying a wide range of books on eating disorders, self-esteem and body image. Gurze carries nonfiction, fiction, self-help books, journals, treatment manuals, audio and video tapes, curriculums, etc. This site also contains information about eating disorders, a list of and links to treatment centers around the country. Links to other eating disorders sites and organizations are also available.

International Association of Eating Disorder Professionals
www.iaedp.com
For professionals, offering certification, symposium, education and newsletter.

Laurie Daily
www.lauriedaily.com
Featuring music for eating disorder awareness, focusing on prevention and recovery. Listen to clips from her CD and links to other Web sites.

Multiservice Eating Disorder Association (MEDA)
www.medainc.org
Dedicated to preventing the spread of eating disorders through education and early detection and intervention. MEDA is a great resource for those struggling with an eating disorder.

Mirror-Mirror
www.mirror-mirror.org/eatdis.htm
A great Web site full of information for everyone from those struggling to parents and friends. Information on symptoms, relapse, abuse, adolescents, athletes, children, set point, finding a therapist, treatment centers, survivor walls, letters of hope and more.

National Association for Males with Eating Disorders, Inc (NAMED)
www.namedinc.org
N.A.M.E.D.’s mission is to provide support to males with eating disorders, to educate the public on the issue, and to be a resource of information on the subject.

National Association of Anorexia and Associated Disorders (ANAD)
www.anad.org
Offers free hotline counseling and an international network of support groups for those struggling and their loved ones. Offers referrals both nationally and internationally.

National Center for Overcoming Overeating
www.overcomingovereating.com
Addresses dieting disorders; frequently asked questions, personal stories, email discussion group, newsletter, chat group information; therapist and support group list.

National Eating Disorders Association
www.nationaleatingdisorders.org
National nonprofit organization and sponsor of the National Eating Disorders Awareness Week in February. Services include annual conference, quarterly newsletter, referral network and media watchdog program.
**Something Fishy**  
*[www.something-fishy.org](http://www.something-fishy.org)*  
Site on eating disorders for clients, families and professionals. Offers online support and treatment referrals.

**About the Plymouth State Eating Disorder Institute Program**

Plymouth State University offers one of two graduate programs in Eating Disorders in the country specializing in academic training in eating disorders and the only one in the East. The Eating Disorder Institute (EDI) will be expanding to a second site in Tucson, Arizona in 2014. This 15-credit program is unique in that a capstone experience in the clinical area or education/prevention is required. The Institute is designed to provide knowledge and skills to a wide range of professionals seeking to further their knowledge and expertise in the area of eating disorders. All health care professionals, mental health professionals, and educators (i.e. counselors, school counselors, psychologists, dietitians, nurses, physicians, dentists, et al.) who work with students/clients will benefit from the knowledge and skills. All courses may be taken for Health Education or Counseling credit and students may receive a M.Ed. in Health Education with an eating disorder focus, or an M.S. Clinical Mental Health Counseling with a focus on eating disorders, or a Certificate of Graduate Studies (CAGS).

For more information, go to Plymouth State University's Web site:  
*[http://www.plymouth.edu/graduate/academics/degrees/masters/med/health-education/eating-disorders-institute/](http://www.plymouth.edu/graduate/academics/degrees/masters/med/health-education/eating-disorders-institute/)*

Contact the director of the program:  
*Margaret@plymouth.edu*

Dr. Mardie Burckes-Miller  
Eating Disorder Institute Certificate program  
Plymouth State University  
MSC 22  
Plymouth, NH 03264  
(603) 535-2515