



Shoreline

Center for Eating Disorder Treatment



Admissions and Referrals: 562.384.7563



WHO WE ARE

Located on the picturesque California coast, Shoreline Center for Eating Disorder Treatment has provided residential and outpatient levels of care for all genders (ages 13+) struggling with eating disorders since 1995. Each treatment program is led by a multidisciplinary team of professionals providing compassionate, comprehensive, and evidence-based treatment for every client based on their unique needs.

BE BODY POSITIVE CERTIFIED PROGRAM



To help clients challenge body dysmorphia and develop a better relationship with their bodies, Shoreline is now a Be Body Positive Certified Program. All our clinicians and registered dietitians are Be Body Positive Facilitators and facilitate groups designed to target body image issues. Our staff are trained in the Body Positive Fundamentals including the 5 Competencies of the Be Body Positive Model. Partnering with the Body Positive has allowed us to support our clients in tackling body image issues in unique and inventive ways.

OUR METHODS

Our mission is to help clients establish a more peaceful relationship with food, their bodies, and their souls. Utilizing a combination of group and individual therapies, nutritional support, and medication management our treatment programs focus on psychoeducation, didactic and process groups, experiential therapies, and exposure experiences to assist our clients on their path to long-term recovery.

- Acceptance and Commitment Therapy (ACT)
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Experiential Therapy
- Exposure and Response Prevention (ERP) Therapy
- Family Therapy
- Internal Family Systems
- Mindfulness
- Motivational Interviewing
- Narrative Therapy
- Nutrition Therapy
- Psychodynamic Therapy

WHAT WE TREAT

- Anorexia Nervosa
- Avoidant/Restrictive Food Intake Disorder (ARFID)
- Binge Eating Disorder (BED)
- Bulimia
- Other Specified Feeding or Eating Disorder (OSFED)

LEVELS OF CARE

RESIDENTIAL TREATMENT

Within only a short walk to the beach, our adult and adolescent residential treatment programs offer a safe, structured, and comfortable care environment with 24/7 board-certified nursing and psychiatric support.

PARTIAL HOSPITALIZATION PROGRAM (PHP)

Clients begin to gain independence with real-life exposures, while also retaining structured programming with our six-days-per-week, full-day PHP, typically utilized as a solid bridge to stepping down from residential care.

INTENSIVE OUTPATIENT PROGRAM (IOP)

Providing comprehensive programming to create a solid recovery foundation, our IOP meets up to six days per week to provide additional support as clients fully transition back into the community. In-person and virtual options are available.

VIRTUAL INTENSIVE OUTPATIENT PROGRAM (V-IOP)

Our V-IOP takes a skills-based approach to treatment, including snack support and two daily groups. Programming is offered Mondays, Wednesdays, and Thursdays from 4:30 pm to 7:00 pm.

PAYMENT OPTIONS

Shoreline is in-network with most major insurance providers. Additionally, we have private-pay options and the ability to do single-case agreements with many providers. Our admissions team works with each client to establish a financial plan that best meets their needs.

ADMISSIONS AND REFERRALS

Call our admissions team today at 562.384.7563 to get started. We're here to help guide you through the admissions process and help you take the next step towards recovery.

For more information about our programs or to get started
on your recovery journey, call 562.384.7563.

Each call is 100% confidential.



Shoreline Center for Eating Disorder Treatment
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ShorelineEatingDisorders.com



Shoreline is a proud part of the
Odyssey Eating Disorder Network.