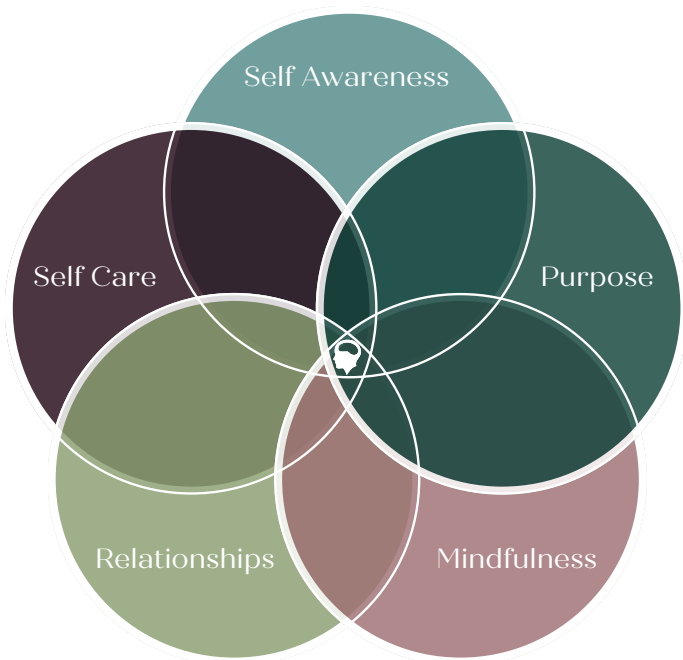




## Our Program

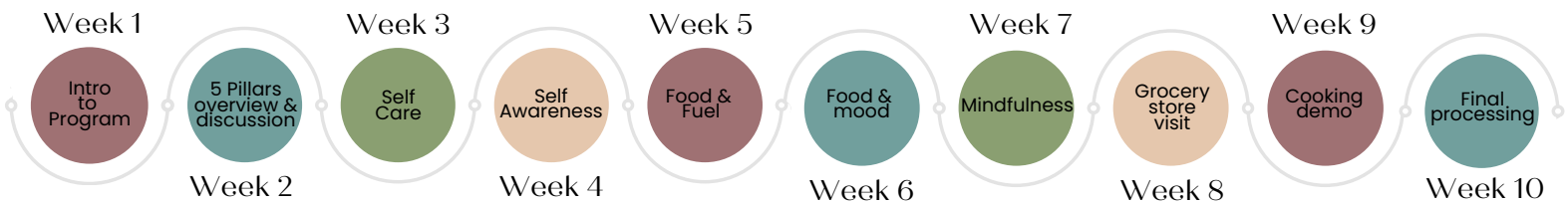
The OmniHouse Eating Disorder Recovery Program is constructed based on the Five Pillars of Resiliency– self-awareness, self-care, positive relations, mindfulness, and purpose. Through this foundation, individuals in our intensive program explore and develop recovery tools to change eating disorder behaviors and sustain long-term recovery.



## The Five Pillars of Resiliency

Over 10 weeks, patients explore the pillars through-

- Nutrition as a form of self-care, working towards cultivating a mindset that they are someone that is worthy of nourishment. Additionally, nutritional counseling and personalized meal planning is developed based of the Rule of 3's.
- The connection between physical health and mental health, including the gut-brain connection, the impact of nutrition on mood and energy, and the social connection of food.
- Mindful movement to encourage self-awareness and a positive body image rooted outside of the physical appearance. Breathing, yoga and vagus nerve exercises are implemented.
- Relationships and connections in their lives are discussed and the impact these relationships have on recovery.
- Cultivating a positive self identity and growing a purpose outside of their eating disorder.



Tricare  
United  
UMR  
Anthem BCBS



Teens  
Young Adults  
Adult  
Caregivers

## Questions? Let's chat.



(719) 229-7285



TheOmniHouse.org



224 E. Williamette St.  
Colorado Springs, CO 80903



Closed  
10 weeks  
2 hours/week:  
1 hr Group therapy  
1 hr Breakout  
session



Anorexia  
Bulimia  
BED  
AFRID  
OSFED