PSYCHOLOGICAL SERVICES

In collaboration with the EMU Psychology Department, Eagle Nutrition Services (ENS) provides onsite behavioral health services to address eating-related, weight, or body image concerns.

Visits are designed to be weekly, lasting 30-60 minutes each. An action-oriented therapeutic approach is used to bring about change in a time-limited manner. How long treatment lasts is decided between you and your Behavioral Health Specialist, and usually ranges from 3-6 months.

Our Behavioral Health Specialists are advanced clinical psychology graduate students who are working towards a doctoral degree. They work under supervision of a licensed clinical psychologist with years of experience in treating those with disordered eating and related problems.

GETTING STARTED

Scan me

Visit our website or scan the QR code to get started

Next, complete a 15-minute phone survey

Then, the first appointment is scheduled

Initial paperwork is completed before the visit

The first visit focuses on information sharing. Together with your Behavioral Health Specialist, you will discuss your relevant history, current concerns and circumstances, and applicable medical information. They will ask questions about eating habits, weight history, emotions with eating and weight, and body checking behaviors. Then, plans for treatment and next steps are discussed. Treatment begins at the second visit.

When are appointments available?

ENS is open Monday through Friday, from 8:30am to 4:30pm, in Suite 160 Rackham Building

What about holidays and breaks?

We'll work with you to find a solution, whether that is continuing treatment via phone or email, or pausing treatment until you return to campus.

Is insurance billed for visits?

No, but we can provide receipts to submit to your insurance company or for Flexible Spending Account reimbursement.

What's the cost?

Visits are $10 or less, payable by cash, check or credit card on the day of service.

Facts about disordered eating:

- It is not a fad, phase, or lifestyle choice.
- It affects people of all shapes, ages, genders, and ethnicity.
- It can have serious emotional, interpersonal, and health-related consequences when left untreated.
- It is treatable and up to 80% of people who complete treatment will recover or significantly improve.
- Eating disorders have the highest mortality rate of any mental illness.

This service is appropriate for anyone who has:

- A preoccupation with body shape, weight, or food
- A loss of control when eating or binge eating behaviors
- A history of "yo-yo" dieting
- An addiction or obsession with food
- A tendency to eat in response of negative emotions
- Other behavioral problems related to food/eating, such as fear of eating certain foods

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EAGLE NUTRITION SERVICES ENS

EMU Psychology Clinic

Do I need a diagnosed eating disorder to receive treatment, or will I get one?

No, a formal eating disorder diagnosis is not needed to benefit from behavioral health coaching on eating and weight management. You may, or may not, be given a diagnosis.

Contact Us:
160 Rackham Bldg
734-487-6572
chhs_nutrition@emich.edu
www.emich.edu/chhs/hs/ens

Eagle Nutrition Services now offers:

PSYCHOLOGICAL SERVICES

To help with eating-related, weight, or body-image concerns