



The Renfrew Center Treatment Modalities: *A Unique Approach to Healing*

The Renfrew Center's unique and innovative treatment approach, grounded in feminist thinking, has earned national and international recognition. The process of treatment is collaborative rather than imposed, interactive rather than passive, and personal rather than distant.

Within the feminist treatment philosophy, it is important to note that numerous modalities are utilized. Treatment includes the following:

Traditional talk therapies that reflect the following perspectives:

- Cognitive
- Behavioral
- Psychodynamic
- Humanistic
- Gestalt
- Interpersonal and
- Systems Theory

Experiential therapies such as:

- Movement
- Art
- Music
- Psychodrama

The Renfrew Center operates with the belief that the capacity for healing is stimulated and reinforced by interpersonal connection. Unlike many general or psychiatric hospitals, we encourage women to join a community of their peers, all of whom are struggling with similar problems.

Renfrew staff work to provide a sense of safety in every client and help women to risk new, more assertive, self-fulfilling behaviors. Facilities and settings are pleasant, friendly and home-like, reinforcing the feeling of community.

For more information about food, weight or body image issues, please contact The Renfrew Center by calling 1-800-RENFREW, emailing us at info@renfrew.org or visiting www.renfrewcenter.com.