“Magnolia Creek is a place you can become the person you were always meant to be.”

- Former Magnolia Creek Client
“Magnolia Creek showed me that recovery was possible. They showed me that life is worth living without my eating disorder.”

Peacefully situated on thirty-six acres that include a private lake, wooded walking trails, outdoor therapy area, and a recovery garden, Magnolia Creek offers a serene, healing environment for women struggling with eating disorders.
Renew Hope

Magnolia Creek instills a sense of hope and empowerment by partnering with and encouraging clients to be active participants in their treatment. While at Magnolia Creek, clients learn recovery is possible for them through:

- A safe, therapeutic environment designed to support our clients as they deeply explore the contributing factors related to their eating disorder and to challenge the thoughts and behaviors that prevent them from living fully and freely.

- Focused and individual care with regular one-on-one sessions with primary and family therapists, dietitians, and medical staff. We work with our clients to develop a customized treatment plan that identifies treatment goals and provides the support needed to achieve and maintain the desired change.

- A supportive atmosphere for interaction with a community of peers and licensed therapists in a daily therapeutic process including psychoeducational groups and experiential outings.

“Even when a life of freedom seems impossible, allow yourself to entertain the idea that the picture the staff at Magnolia Creek paints of a healthy and vibrant you could become your reality.”

- Former Magnolia Creek Client
At Magnolia Creek, we work together with our clients to create an individualized treatment plan that not only nourishes the body but strengthens the spirit.

- A strength-based and collaborative program that looks beyond the symptoms and behaviors of an eating disorder to honor the strength within. We emphasize acceptance, validation, and empowerment at every stage of treatment. Our program is active rather than passive, collaborative rather than imposed, and personal rather than detached. We are committed to helping our clients recover from, not just manage, their eating disorder.

- We believe that 12-Step integration is an essential tool for people struggling with addictive behaviors and thought processes. We provide psychoeducation on the 12- steps as well as regular times for weekly client-led meetings, and off-site meetings if indicated.

- Our program integrates experiential therapy and activities such as art, psychodrama, exercise, and movement, and recreational outings to build confidence, challenge distorted thinking, and help clients develop effective coping skills through experience and metaphor.
Because we know that physical and mental well-being is of the utmost importance, each client is thoroughly assessed by our medical team.

Our evidence-based treatment model emphasizes both group and individual therapy.

- **Individual Therapy**: Clients have two to three weekly individual sessions with our professional team of clinicians.

- **Group Therapy**: Clients interact with a community of peers and licensed therapists in weekly therapy processes and psychoeducational groups. Clients also participate in group activities and classes such as expressive arts, yoga, and community therapeutic outings.

- **Family Support**: Eating disorders affect the entire family, and their involvement plays a powerful and beneficial role in the recovery process. The Magnolia Creek team of dedicated therapists provide private therapy sessions and weekly support for our clients and their families aimed at exploring family dynamics and facilitating communication. A multi-day family workshop is also offered monthly to provide families with added education and a more intensive therapeutic environment.

At Magnolia Creek, we are committed to helping each woman develop a healthier, more intuitive, and more sustainable relationship with food free from restrictions and rules fostered through:

- **Promoting Mindful & Intuitive Eating**: Each client meets weekly with a dietitian to examine personal dietary needs, discuss food preferences, and develop an individualized meal plan. To offer constant support, promote healthy habits and enhance coping skills, meals are shared family-style with staff members. Clients also take part in meal and snack outings in the community.

- **Exercise & Wellness**: Physical activity is integrated into the schedule to promote a healthy and balanced relationship with exercise. We work with clients to design exercise plans that promote overall wellness while accommodating medical conditions and physical needs.

“Magnolia Creek showed me that there are truly amazing people out there who are compassionate and understanding.”

- Former Magnolia Creek Client

Magnolia Creek provides clients with the highest level of care with treatment plans that allow clients to heal and strengthen their commitment to recovery in a safe environment, helping them to transition to a life beyond their eating disorder.

**Residential Treatment Program**: Residential treatment offers an environment that allows clients to restore their physical and psychological health while building a foundation for recovery.

**Partial Hospitalization Program (PHP)**: Also known as Day Treatment, clients continue to receive feedback and support as they recover, gain confidence, and transition out of treatment. Tools learned are applied to more real-world challenges.

**Off-site Living with Therapeutic Support**: As clients live off-site they take part in both individual and group therapy and meet regularly with the clinical and medical staff.
Recover Life

Our goal is to promote healing and growth while preparing our clients to transition back to life outside of treatment.

*Often the hardest work begins when clients leave. Providing support and continuity between treatment and home is essential to a successful recovery.*

To facilitate this, we focus on:

- **Planning During Treatment**: Developing an aftercare plan begins early in the treatment process to ensure clients have the needed resources and support following discharge. We work with each client to assemble and locate a treatment team of doctors, therapists, dietitians, and other support professionals they may need once they return home.

- **Support After Treatment**: For 18 months following discharge, our staff regularly checks in with each client to provide encouragement and connect clients with any resources that may further support them at every stage of their recovery journey.
Magnolia Creek’s team of therapists, doctors, nurses, and dietitians provides the highest quality of care using current research-supported methods. We work together to create an individualized treatment approach for each client that not only nourishes the body but also strengthens the spirit.

“I came here hoping to rid the dark, overwhelming voice from my head. My goal was to fix myself. What I got was so much different, and so much better. I gained the knowledge to continue to heal and grow. I found my own voice and learned to own it, as well as my emotions and actions.”

- Former Magnolia Creek Client

If you or someone you love is struggling, there are people who want to help. Magnolia Creek Treatment Center for Eating Disorders wants to ensure that no one ever feels alone, and are here to assist in regaining control of your life.