



# Referral Packet



SPECIALIZED OUTPATIENT TREATMENT FOR  
**EATING DISORDERS IN IOWA**



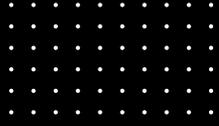
Partnering in Care

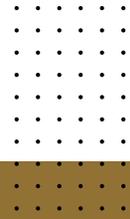
FAMILY-BASED  
TREATMENT FOR  
TEENAGERS WITH  
**ANOREXIA  
NERVOSA**

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# Hope Into Healing



## → Why Refer?

I have over 23 years of experience in the mental health field, and I am one of the few therapists in Iowa who is both trained from Stanford University and fully certified in Family-Based Treatment (FBT) through the Training Institute for Child and Adolescent Eating Disorders in California. Iowa continues to face a shortage of clinicians with specialized training in evidence-based eating disorder treatment. I not only provide FBT and eating disorder specific psychotherapy, but I also offer consultation to other mental health professionals across the world who are seeking support in treating eating disorders.

[enlightenmecounseling.com](http://enlightenmecounseling.com)

**Early referral leads to better outcomes, reduces relapse risk, and can prevent hospitalization.**

Family-Based Treatment (FBT) is a proven method to help medically stable children and adolescents to recover from Anorexia Nervosa and Bulimia Nervosa.





## ➔ **What is FBT?**



Family-Based Treatment (FBT) is an **evidence-based, outpatient treatment** best suited for medically stable children and adolescents with Anorexia Nervosa, Bulimia Nervosa, or restrictive eating behaviors. It is the **gold standard treatment** for these populations.

### **Goals include:**

- Prevent hospitalization or residential treatment
- Restore weight and ensure medical stability
- Reduce eating-disorder behaviors
- Support emotional, social, and physical development
- Reduce anxiety and fear associated with eating
- Empower parents to take an active and confident role in refeeding
- Support exercise based on enjoyment and human and social connection
- Decrease or reduce OCD symptoms





## ➔ **What FBT Looks Like**

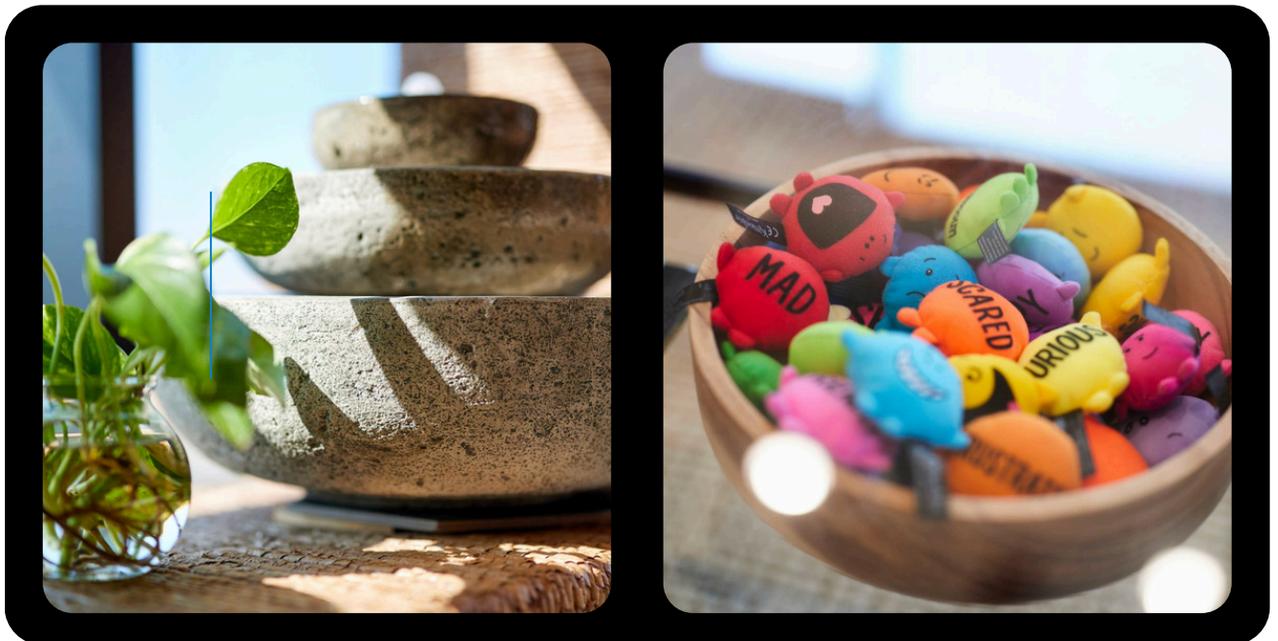
Parents are empowered and coached to take charge of refeeding through weekly family sessions:

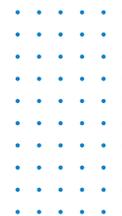
- Collaborative multidisciplinary care
- Nutrition coordination
- Parent support and education

### **FBT Structure**

Three treatment phases are designed to restore weight, return control to the adolescent, and support full developmental recovery:

- Phase 1: Weight restoration with full parental support
- Phase 2: Gradual return of food autonomy
- Phase 3: Adolescent development & relapse prevention





## ➔ **When to Refer**

Medically stable children and adolescents with Anorexia Nervosa, Bulimia nervosa, or restrictive eating behaviors should be referred for FBT.

### **What to look for?**

- Restrictive eating
- Sudden or rapid weight loss
- Low weight (with pediatric monitoring)
- Fear of weight gain, high distress around eating, or compensatory behaviors
- Adolescents struggling to maintain weight post-hospitalization
- Families needing structured support to manage eating at home
- Compulsive or excessive exercise

### **Who can make a referral?**

Referrals are welcome from pediatricians, family medicine, dietitians, school nurses, behavioral health teams, all multidisciplinary providers, teachers, coaches, and school counselors



## → Services Offered



### Primary Services

- Weekly FBT sessions (in-person & virtual)
- Multidisciplinary team care coordination with a pediatrician and dietitian
- Parent counseling & education
- SEES-informed return-to-movement guidance
- Personalized intake with specific eating disorder assessments
- Consultation for other mental health providers working with eating disorders

### Additional Clinical Support

- Nutrition team collaboration
- SEES guidelines for return to movement and sports clearance
- Parent support, resource guides, and psychoeducation
- School coordination when appropriate
- EMDR therapy for trauma, anxiety, or body image distress



## → **Understand That an Eating Disorder is Not a Phase**

An eating disorder is not attention-seeking neither is it a temporary phase or an act of rebellion—it is a serious, life-threatening medical and psychiatric illness. Hoping it will pass on its own only increases the risk of long-term physical and emotional complications. The longer the disorder goes untreated, the more entrenched the illness can become, making recovery more challenging. However, recovery is possible. Your role as a provider or a multidisciplinary partner is powerful because you can educate families on treatment options they may not be aware of. Families have the power to play a life-saving role, and they can do amazing things in their teen's recovery journey.





## ➔ How to Refer

Providers may refer children and adolescents as soon as concerns arise using the information below. Family-Based Treatment (FBT) for medically stable children and adolescents with eating disorders has a strong focus on early intervention and family involvement. Early treatment significantly improves recovery outcomes. Families may also complete the intake request directly at [www.enlightenmecounseling.com](http://www.enlightenmecounseling.com) or email: [info@enlightenmecounseling.com](mailto:info@enlightenmecounseling.com).

### **Thank You for Partnering in Care!**

Together, we can restore health, safety, and confidence for young people and support Iowa families through their healing journey. Please reach out anytime with questions or collaboration needs.



#### **Sabrina Sartori Rocha Chouinard**

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FBT-trained and certified provider  
(Stanford/Training Institute) 20+ years clinical  
experience | Bilingual (English & Portuguese)

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