



Eating
Recovery
Center

Recognizing the Signs and Symptoms of Binge Eating Disorders



Binge eating disorder (BED) is the most common eating disorder, yet often it is unrecognized and untreated.¹ Join us in raising awareness around the common signs and symptoms as we work together to identify and treat your clients with BED and related disorders.

SIGNS AND SYMPTOMS

A comprehensive assessment is recommended **if your client is showing one or more** of the following signs and symptoms:

- Recurrent episodes of binge eating defined by:
 - Eating significantly more food in a shorter period than most would eat under similar circumstances
 - Feeling a lack of control over eating during the episodes

- Binge eating episodes associated with three or more of the following:
 - Eating much more rapidly than normal
 - Eating until uncomfortably full
 - Eating large amounts of food when not physically hungry
 - Eating alone due to embarrassment over how much one is eating

- Feeling disgusted with oneself, depressed or guilty after the binge episodes

- Experiencing elevated stress levels in relation to binge eating

- Consuming a large portion of food after the evening meal or during the night

1. Hudson, J.I., Hiripi, E., Pope, H.G., Jr., & Kessler, R.C. (2007). The prevalence and correlates of eating disorders in the National Comorbidity Survey Replication. *Biological Psychiatry*, 61(3), 348-358. doi:10.1016/j.biopsych.2006.03.040.

Please contact us to make a referral or schedule a free consultation with a master's-level clinician.

1-877-825-8584 | [EatingRecovery.com](https://www.EatingRecovery.com)

Most major commercial insurance accepted

CONVERSATION CUES: WHAT YOU MIGHT HEAR FROM PATIENTS WITH BED

Food is the only thing that makes me feel better.

Sometimes I hide my food or wrappers so that others don't see what I'm eating or how much.

I feel so out of control around food.

I've tried so many different diets to lose weight, and nothing seems to work.

I often skip meals or go through the day without eating, then end up overeating at night.

I can't keep certain foods in the house.



Binge Eating Disorder Treatment Programs

SPECIALIZED MILIEU FOR SPECIALIZED CARE



Evidence-based, weight-inclusive approach addresses the emotions and thoughts that are leading to binge eating behaviors



In their **own healing community**, clients learn **mindful eating** while building skills to **manage binge eating behaviors**



Specialized experienced care team includes licensed therapist, registered dietitian, consulting physician and care coordinator



The **CARE (consistent, attuned, regular eating) model meal plan** reinforces concepts of predictable eating patterns, flexibility and intuitive eating



Comfortable, furnished apartments available for patients who live outside the Chicago area



Extensive **family involvement**, education and support

ADULT BINGE EATING DISORDER PROGRAMS

IN-PERSON PHP/IOP

150 E. Huron St., Chicago, IL 60611

VIRTUAL IOP



Scan for a list of current states including Illinois

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