

# The Center for the Study of Anorexia and Bulimia

[www.esabnyc.org](http://www.esabnyc.org)

is a division of the Institute for  
Contemporary Psychotherapy (ICP)

A New York State Not-For-Profit Corporation

ICP also provides training and treatment  
in the following divisions:

- Adult Treatment Service
- Child and Adolescent Treatment Service
- Family and Couple Treatment Service
- Gay and Lesbian Affirmative Psychotherapy

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# CSAB

Understanding Eating Disorders.  
Treatment, Education,  
Prevention, Outreach.

**T**he Center for the Study of Anorexia and Bulimia was established as a division of the Institute for Contemporary Psychotherapy in 1979 and is the oldest non-profit eating disorders clinic in New York City. CSAB is a treatment and training center for people with eating disorders and the professionals who work with them.

*We Are Committed To Healing*

## Our Aims Are

- To provide effective treatment for eating disordered patients and their families.
- To provide specialized training for professionals who treat people with eating disorders.
- To educate the community about the growing incidence of eating disorders and to provide information and outreach services.

Issues of eating disorders often present as symptoms of other ongoing psychological issues. These issues are addressed in individual, group, and family treatment modalities, blending psychodynamic and cognitive-behavioral therapy in both short and long term treatment.

Collateral contacts are frequently initiated and maintained with physicians, psychiatrists, nutritionists, dentists, and other medical professionals.

# CSAB



## Treatment Services

- Initial Intake Interview
- Individualized Consultations
- Treatment Planning
- Individual Psychotherapy
- Long Term Group Psychotherapy
- Short Term Group Psychotherapy
- Monthly Friends and Family Open House
- Medical Consultation Referrals
- Speakers and Writers Bureau

Fees are determined by income and frequency of sessions.

For treatment or further information, please call The Center for the Study of Anorexia and Bulimia at (212) 333-3444 or visit our website at [www.csabnyc.org](http://www.csabnyc.org).