

Eating Disorder Treatment at the University Counseling Service
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Having an eating disorder can be extremely disruptive to students' physical and emotional well-being. It can interfere with their academics (e.g., loss of concentration), their relationships with friends and family and their view of self (e.g., loss of self-esteem). Eating disorders are often correlated with other psychological concerns, such as depression or anxiety disorders.

The degree of disruption of a student's life is usually related to the nature, duration and severity of the eating disorder. The University Counseling Service (UCS) encourages students who are struggling with eating, weight, and body image problems to take advantage of the resources we have available. We are committed to identifying, assessing, and providing early intervention as well as related psychological services (including referral) to students suffering from disordered eating or an eating disorder.

UCS psychologists work in the following way with students seeking assistance for an eating disorder:

1. *The student sets up an initial consultation by calling our office at 335-7924. We have call-ahead and same-day call-in appointments available. It is helpful to identify eating concerns as the presenting concern so that the student gets scheduled with a psychologist skilled in providing eating disorder assessment.*
2. *The consultation lasts approximately 45 minutes and is used to gather information about presenting concerns, background information, medical and psychiatric history, and family history. Self-report measures may also be included as part of the assessment process. Based on the information gathered during the assessment, one or several of the following options may be recommended:*
 - a) *Individual counseling at the University Counseling Service (UCS) **
 - b) *Enrollment into a bulimia therapy or general eating issues group at the UCS **
 - c) *Coordination with the dietician and/or physician at Student Health Service*
 - d) *Assistance in connecting with mental health resources in the community when UCS services are not appropriate*
 - e) *Referral of the student's case to one or several providers working collaboratively as part of the UI Eating Disorder Treatment Team for purposes of case management. This team is comprised of UCS staff, Student Health Service staff, Health Iowa dietician, University of Hospitals and Clinics (UIHC) Eating Disorder Treatment program staff and UIHC Family Care Wellness and Behavioral Intervention staff. ***
 - f) *Referral to a hospital (UIHC or other) or eating disorder treatment center for further assessment and/or inpatient care*

** The stated purpose and mission of the University Counseling Service (UCS) is to provide brief intervention that assists students in problem resolution, skill building, or mental health support in order to achieve and maintain academic progress. With this as a guideline, the option or options chosen will be determined on the basis of service availability, appropriateness of services, and the best interests of the student.*

*** Teamwork with the student and several health care providers is essential to progress in recovering from an eating disorder. Coordination among the professionals and the student is facilitated by cooperative agreements for release of information and professional team meetings, when appropriate. At times, joint meetings of the professional team and the student may be arranged to help clarify or implement treatment options.*