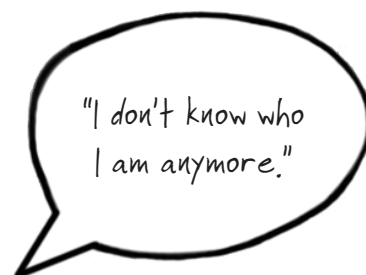
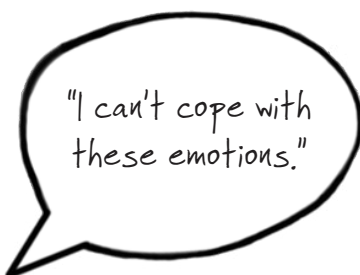
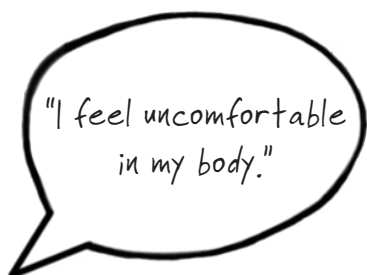


# EATING DISORDERS ARE DIFFICULT TO OVERCOME.

**63% OF THOSE WHO RECEIVE TREATMENT RELAPSE.**

*Top challenges in early recovery:*



# EAT BREATHE THRIVE WORKS WITH SELECT TREATMENT CENTERS TO BRING RESEARCH-BACKED YOGA INTERVENTIONS INTO EATING DISORDER CARE.

## HOW DOES PARTNERSHIP WORK?

As a Clinical Partner, you can offer Eat Breathe Thrive programs on an ongoing basis at all levels of care. To become a partner, at least one member of your staff will need to complete the Facilitator Training to lead the programs. As a partner, you receive onboarding support and supervision from our team. As part of our research-focused approach, you can also work with us to collect data on your program outcomes and partner with us on scientific research when possible.

## WHAT IS THE EAT BREATHE THRIVE INTERVENTION?

Eat Breathe Thrive is a structured intervention that includes yoga, meditation, psychoeducation, and peer support. It was developed by people who have recovered from eating disorders, to help others find their way to sustained recovery. It has now been validated in five research studies, including two randomized controlled trials.

There are two versions of the intervention — the Seven-Week Series is for clients in outpatient and community settings, and Yoga for Eating Disorder Recovery is for clients in more acute phases of early recovery.



## WHAT IS THE VALUE TO YOU AS A PARTNER?

By becoming a Clinical Partner, you receive:

### ✓ RESEARCH-BACKED PROGRAM

Eat Breathe Thrive is the only yoga intervention that has been shown to support eating disorder recovery in multiple scientific studies, including two randomized controlled trials. The program is safe for eating disorders and with proven results: participants experience reduced symptoms of eating disorders, anxiety, depression, and PTSD and improvements in mindful eating, distress tolerance, interoceptive awareness, and body appreciation. There is no other program like this in the world.

### ✓ ONBOARDING SUPPORT

As a partner, your facility will receive onboarding support to offer Eat Breathe Thrive programs at all levels of care. Your team will receive extensive training; including supervision calls with the staff facilitating the program at your facility to resolve challenges and support their professional development.

### ✓ RECOGNITION

We love to celebrate our partners! As a partnering center, you receive recognition on the Eat Breathe Thrive website, social media, and referral database. You will also receive a badge and materials to promote our partnership.

### ✓ DISCOUNTS

Clinical partners receive discounts on Eat Breathe Thrive merchandise and courses, including:

- 25% discount for bespoke training for your clinical team.
- 15% discount on EBT tee shirts, tank tops, and merch.



# HOW TO BECOME A CLINICAL PARTNER

## TRAINING

Receive staff training to lead the yoga programs.

## SUPERVISION

Offer your first programs with guidance and support.

## PARTNERSHIP

Receive ongoing support and recognition as a Clinical Partner.

## WHAT IS INVOLVED IN THE FACILITATOR TRAINING?

To become a Clinical Partner, you will need:

### ✓ IMMERSION »

Experience the entire Eat Breathe Thrive intervention in a single weekend. This allows facilitators in training to experience the intervention they will learn to offer.

*15 hours, online.*

### ✓ SEVEN-WEEK SERIES TRAINING »

Learn to lead the standard Eat Breathe Thrive intervention with guidance and support from a supervisor.

*50 hours, online.*

### ✓ YOGA FOR EATING DISORDER RECOVERY TRAINING »

Learn to lead the adapted form of the standard Eat Breathe Thrive intervention, aimed at the more acute phases of eating disorder recovery. Includes supervision.

*30 hours, online.*

## WHAT IS THE COST?

There is no cost to becoming a Clinical Partner, but at least one member of your staff must complete the Facilitator Training to lead programs. The cost of Facilitator Training is \$2,500 per staff member.

### OPTIONAL ADD-ONS:

**1. Supervision:** Regular supervisory calls with a senior Eat Breathe Thrive Supervisor to support staff in leading programs.

**2. Program Evaluation:** Support to help you collect outcome data and assess the impact of the program, using valid and reliable ED-specific measures (e.g. eating disorder symptoms, depression, anxiety, interoceptive awareness, emotion regulation).

**3. Custom Materials:** Branded materials to help the programs run smoothly at your center, including:

- Printable participant workbooks with your organization's branding and logo.
- Customizable flyers and postcards to promote programs in outpatient settings.

Please contact a member of our team to discuss pricing of optional add-ons.



# WHAT CLIENTS ARE SAYING

*"After the first session, **I was unsure if I was ready to really start recovery.** It was nothing anyone did or said, I just felt very 'behind.' It was the first time in twenty years of acknowledging my ongoing ED to anyone other than myself. I spoke to the facilitator with this in mind, thinking I may need to reschedule for when I am more ready, and she supported me in the moment and encouraged me to continue. **I consider that day the first of my true recovery journey.**"*

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*"Eat Breathe Thrive gave me a community where I could **safely face some feelings** of shame and self-disgust that I had no idea were running in the background of my mind. These sessions allowed me to **start to heal** areas that I had hidden away and yet the sessions were fun. You felt supported and allowed to gently face your issues. We were able to laugh together, dine together, stretch together, and learn what projects outside of ourselves we valued. This work **shook me out of the little strange world I had created.**"*

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*"I'm so grateful for this experience. **I felt so isolated/ashamed and alone** with my disordered eating (especially as a Yoga teacher myself it created an incredible amount of guilt, cause I felt like I should know better etc...). It definitely **helped me to also open up more** with my therapist, which I'm constantly working on and making major progress since the course!"*

# WHAT CLINICAL PARTNERS ARE SAYING

*"Eat Breathe Thrive has made a huge difference at our center. It complements psychological and nutritional therapy, but also goes one step further by bringing the body into treatment. It's more than just yoga – the psychoeducation and peer support components have been critical for our clients to learn the practical skills they need for long-term recovery. There's a huge focus on interoceptive awareness, which is great for the clients we have working on intuitive eating. And the emphasis on self-acceptance, body functionality, and self-compassion sets it apart – it's a chance for our clients to practice all the things we talk about in the therapy room in their bodies, in real time. We were seamlessly able to integrate this into our treatment program and the team has been great to work with! It has been an honor to see our clients find a love for themselves they never imagined possible."*



– DIXIE BROWN, PHD, FORMER EXECUTIVE DIRECTOR OF WILLOW PLACE FOR WOMEN

**EAT BREATHE THRIVE**

embodiment | community | service



Eat Breathe Thrive is a program of [The Give Back Yoga Foundation](#).