



The Renfrew Center of Nashville

Providing Expert Eating Disorders Treatment to Adolescent Girls and Women

1624 Westgate Circle, Suite 100 • Brentwood, TN 37027

Day Treatment Program (DTP)

Meets 5 days per week

A unique therapy option for adolescent girls and women who do not require acute residential care, but can benefit from intense structure and support while working through recovery.

The stabilizing environment assists individuals in addressing their needs and goals for application outside of treatment.

Intensive Outpatient Program (IOP)

Meets 3 days per week

An innovative and dynamic treatment option developed for those who need additional support in conjunction with outpatient therapy.

Individuals are encouraged to utilize their therapeutic communities, both within and outside of IOP, as they transition to full recovery.

Programming Includes:

Meal support • Nutritional counseling
Individual, group & creative arts therapy • Multi-family group therapy

Why Renfrew?

- As the nation's first residential eating disorder facility, we have treated more than 75,000 adolescent girls and women.
- With 19 locations throughout the country, we provide a continuum of care in which a patient can enter at any level of treatment.
- Each treatment level is built upon The Renfrew Center Unified Treatment Model for Eating Disorders®, an evidence-based, emotion-focused therapy that addresses eating disorders and co-morbid symptoms.
- We work directly with most major insurance companies and routinely petition out-of-network carriers to extend benefits to their members.



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Need a Higher Level of Care?

We offer residential treatment at The Renfrew Centers of Coconut Creek, FL and Philadelphia, PA.

To schedule an assessment: 1-800-RENFREW (736-3739) • www.renfrewcenter.com