

Breakfree
@breather



The Nation's Premier Program for Eating Disorders

Breakfree offers clients and their families expert, trauma-informed clinical care for Binge Eating, Bulimia, and Anorexia, supporting recovery medically and spiritually. Breakfree infuses 21st Century eating disorder-informed treatment solutions into a world-class clinical program led by our renowned treatment team. Breathe is client-centered rather than disease-centered.

PROGRAM KEYS

- **Medical + Nutritional Stabilization**
Get your feet on the ground and body medically stable
- **Trauma-Informed Clinical Care**
Dig to uncover the root of this struggle
- **Psychodrama + Experiential Modalities**
Access core issues through therapy in motion
- **Hands-On Nutrition**
Uncover the keys to success with culinary and applicable life-skills
- **Spiritual Development**
Tune into an abundant world of support and spirit of collaboration
- **Mindful Movement**
Rediscover how to be present and mobile in your body



“Breakfree @ Breathe takes you deeper to the underlying core where the work awaits. We help our clients truly transform their lives and make peace with food and their body.”

SIGNATURE SERVICES

- Custom Crafted Meal Plan
- Cooking Classes + Supermarket Outings
- Biodynamic Farm on Campus
- Culinary Interventions
- Internal Family Systems
- Life Skills Workshops
- Case Management
- Weekly Family Class™ (virtual classroom)
- Family Workshop (5-day intensive)
- BreatheOUT™ Alumni Program
- ED Coaching at Transitional Living
- Dialectical Behavior Therapy (DBT)



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Director of Nutrition
Breathe Life Healing Centers