Abstract

A failure to maintain improvement achieved during acute treatment, followed by a “revolving door syndrome,” is a common phenomenon in eating disorders (EDs). As a result, many patients develop a chronic course which is difficult to treat. In order to target these difficulties, we established in Israel a novel rehabilitation treatment model for patients with severe and enduring EDs, based on the “recovery theory” in mental health treatment.

This paper describes the process of conceiving this innovative model, then, illustrate the components of this rehabilitation house, “Zeida Laderech” (Provisions for the Journey), that aims to provide a home-like environment, assists in developing a healthy and balanced life style. Finally, the model is discussed in light of a few residential programs established in the world. With the hope to improve the overall prognosis of individuals with EDs, it is suggested that similar programs and ongoing innovation will continue to emerge internationally.

Key Words: Eating Disorders, rehabilitation, recovery, treatment, resistance to treatment, relapse