



Outpatient Eating Disorder Nutrition Counseling

Providing compassionate support and evidence-based guidance from dietitians with specialized training in eating disorder care. Our team brings expertise and extensive experience in treating individuals of all ages, offering personalized nutrition counseling to encourage healing and eating disorder recovery.

We can help with all eating disorders and disordered eating patterns including but not limited to:

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Avoidant Restrictive Food Intake Disorder (ARFID)
- Other Specified Feeding or Eating Disorder (often “atypical” Anorexia Nervosa, Purging Disorder or other disordered behaviors that do not meet DSM criteria for another disorder)
- Orthorexic behaviors
- Those unsure if their eating pattern is disordered or sub-clinical disordered eating patterns

Insurance coverage & scheduling:

- A provider referral is required before scheduling.
- Our team will verify benefits prior to the visit.
- Virtual and in-person appointments available in Oregon and Southwest Washington.

For more information contact us:

Call 855-360-5456

or visit <https://www.providence.org/locations/or/diabetes-and-health-education-services>

* Internal PSJH providers: Epic referral REF20H to OR REG
Nutrition and Diabetes Education for all nutrition, diabetes, and
diabetes prevention related services.

* External providers: Fax signed referral form to 503-215-6240.

