

New Realities Programs and Services

All New Realities programs offer a holistic approach for:

- Binge Eating Disorder
- Compulsive Overeating
- Emotional Eating
- Bulimia
- Anorexia

and include:

- Education
- Imagery
- Art and Movement
- Role Play

Individual Counselling and Psychotherapy

If you live in the Toronto area, you may wish to have individual sessions. Sessions are one hour and are scheduled on an individual basis.

Online Counselling - For bulimia, emotional or binge eating

If you are unable to visit us in person or you prefer the convenience of counselling in your own space, Online Counselling is now available at New Realities via SKYPE, email and telephone. Online Counselling is an excellent option for some of the eating disorder spectrum such as mild to moderate bulimia, emotional eating or binge eating. For severe eating disorders and those with co-occurring serious mental health concerns, face-to-face sessions are necessary and

often inpatient treatment is the best option.

Individual Intensive Program

If you live outside the Toronto area, an individualized program can be designed for you. The program would consist of 2 to 4 hours of therapy daily for 1 to 3 weeks.

Intensive programs are also available to Toronto residents.

You would need to arrange accommodation. (We can provide names of local bed & breakfast and hotels.)

Marital and Family Counselling

Counselling for families of those with eating disorders is available whether or not the eating disordered individual is a client of New Realities.

Assessment

An assessment interview is required to help determine which program will best suit your needs. Assessment for Individual Intensive Programs can be done by mail and telephone.

Support for People Who Have Attended Treatment Centres Outside The Toronto Area

Follow-up support is a crucial component of treatment. No matter how good the treatment

program, long-term personal support is important. New Realities provides follow-up services to individuals returning to the Toronto area from U.S., Canadian and international programs.

If you have been in treatment outside Toronto and want ongoing local support or if you are a treatment team member and want more information, [Contact Us](#).

More About New Realities {loadposition user9}