

**Adult IOP Medical Clearance**  
**St. Louis Behavioral Medicine Institute Eating Disorders Intensive Outpatient Program**  
16216 Baxter Road, Suite 205; Chesterfield, MO; 63017  
Phone: (636) 532-9188 Fax: (636) 532-9951

Patient Name \_\_\_\_\_ Patient DOB \_\_\_\_\_

Due to possible medical complications involved with eating disorders, we require physician's medical clearance **prior to** admission to our program. Please circle whether your patient is cleared for this level of care and fax back to us at **(636) 532-9951**.

**Details about our Eating Disorders Intensive Outpatient Program:**

- **18 hours per week of group psychotherapy (3 hrs/day), including 1 supervised meal/day.**
- **Psychotherapy with licensed clinician, including 1 hour individual session weekly.**
- **Nutrition Services with licensed dietitian, including 30 minute individual session weekly.**
- **2 Board Certified Psychiatrists available for consultation as well as follow-up appointments.**

We also recommend that clients have current lab work results. Please see attached lab recommendations. If you have any questions, don't hesitate to give us a call at (636) 532-9188, as your patient cannot be admitted to our program until we receive medical clearance.

**PLEASE CIRCLE:**

Patient is **CLEARED** / **NOT CLEARED** for the ED Intensive Outpatient Program.

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Physician Signature

Date

Upon admission, our program coordinator will contact you with specific information about your patient's treatment team. We welcome collaboration of care and look forward to consulting with you at your convenience.

**Eating Disorders Program Staff:** Rebekah Freese, PhD, Program Director; Melanie McKean, PhD, Medical Director; Anne Marie Loth, MD; Mishell Hashmi, PsyD; Laura Huff, PhD, CEDS; Maiya Ingram, MS, MPH, RD, LD; Sam Kramer, PhD; Cathy Lander-Goldberg, MSW, LCSW; Kara Merrill, MA, LPC; Dorothy Toran, MSW, LCSW; Gina Uding, LPC, Jessica Polson, PsyD; Eileen Vollmer, PLPC, IOP Coordinator.

