

Finding the Right Team

How to build a treatment team that actually understands you (and what to ask in your first call)

Who Should Be on Your Team?

Most eating disorder treatment teams include a therapist, registered dietitian, and medical provider. For children and adolescents, parents and caregivers are often an essential part of the recovery process.

5 Questions to Ask During the First Call

1. What experience do you have treating eating disorders?

Not all providers receive specialized training in eating disorders. Ask directly.

2. What eating disorders do you commonly treat?

Treatment approaches may differ for anorexia nervosa, bulimia nervosa, binge eating disorder, ARFID, and other eating concerns.

3. How do you involve family members in treatment?

This is especially important for children, teens, and young adults.

4. How do you communicate with other members of the treatment team?

Recovery works best when providers collaborate rather than work in isolation.

5. What does progress typically look like?

Look for realistic answers. Recovery is rarely linear.

Green Flags

- You feel heard.
- The provider asks thoughtful questions.
- They can clearly explain their approach.

They welcome collaboration.

Red Flags

- Oversimplifying the problem.
- Focusing only on weight.
- Promising quick results.

Making you feel rushed or judged.

When You Can't Access Everything You Need

If insurance coverage or availability makes it hard to access a full team right away, start with what you can. Even one supportive, eating-disorder-informed provider can help you take the next step and connect you to additional care over time.

If you're looking for additional support and education, consider resources like the Craving More Podcast, the book *Within: Making Peace with Food and Body Image to Create a Happy, Healthy Home*, and the What to Expect Call to help you feel more prepared and less alone as you begin.

Remember: You are not looking for perfect providers. You are looking for people who understand eating disorders, respect your concerns, and are willing to walk alongside you in recovery.