



*The*  
***Victorian***  
*of Newport Beach*

*We welcome you to the Victorian. It has always been a safe harbor for women suffering from eating disorders and other addictions. We wish you an abundance of peace, love and joy. You deserve it!*



*Telephone (800) 647-0042    Fax (949) 675-4285*

[www.eatingdisordertreatment.com](http://www.eatingdisordertreatment.com)



*“Learn to Love Yourself  
and Celebrate  
a New Life”*

*“You incredible women at the Victorian taught me how to deal with myself and my emotions. With the support and constant reassurance you gave me I have learned to believe in myself.”*  
– Kasia F.

*“Recovery from my eating disorder is the hardest thing I have ever had to do. This program saved my life and I am truly grateful to everyone connected to the program.”*  
– Stacey B.



# *The Victorian House*

## *Our Vision*

Our vision is that women will find a life filled with purpose, hope, love, and joy. We see the women who enter through the doors of our Victorian House leaving with the freedom that is found by breaking free the crippling disease of addiction.

## *Our Mission*

The Victorian House and its staff are dedicated to assisting women who suffer from eating disorders as they seek to overcome and let go of the shame, blame, self-loathing, and other dysfunctional behaviors that often accompany addiction. We are committed to our clients and will provide the guidance and support necessary to move past these disease-based behaviors and reach forward into “living.”

## *Our Goal*

Our goal is to assist women in our program heal emotionally, physically and spiritually. We achieve this by providing a safe environment of acceptance where our clients can build a new foundation and develop healthy and productive life skills.

## *Our Facility*

Located in Newport Beach, our private Victorian treatment facility offers an “at home” setting in which our clients will find they are welcomed, accepted and supported. While all rooms have been designed to promote therapeutic growth, our group rooms encourage a cozy and intimate family setting, rather than an institutional environment.

Breaking free from addictive behavior is difficult to do alone. We honor your courage and strength in taking the first step towards breaking the cycle of addiction.



# About Our Program

***At the Victorian House*** we recognize the unique gifts, life circumstances and needs of each individual. It is our program philosophy to create treatment plans which are very individualized. In pursuit of excellence in treatment, we offer a multidisciplinary panel of professionals who offer a team approach to creating a truly unique therapeutic environment. Treatment can include any or all of the following based upon individual treatment needs:

- ✓ Group Therapy
- ✓ Psychiatric Evaluation
- ✓ Individual Therapy
- ✓ Family Counseling
- ✓ Lectures
- ✓ Medication Management
- ✓ Assertion Training
- ✓ Twelve-Step Groups
- ✓ Menu Planning
- ✓ Dual Diagnosis Groups
- ✓ Spiritual Growth Groups
- ✓ Daily Food Intake Recording
- ✓ Relationship Groups
- ✓ Nutritional Education and Counseling
- ✓ Monitored Meals
- ✓ Supported Meal Preparation
- ✓ Restaurant Outings
- ✓ Art Therapy
- ✓ Relapse Prevention
- ✓ Life Skills and Goal Setting
- ✓ Hypnotherapy



## Meet Our Staff

### **BARBARA S. COLE, MFT, Ph.D. – Director**

Dr. Cole is a well-known drug, alcohol and eating disorder treatment practitioner. She has been the past director of a residential treatment facility, as well as a former clinician at the Betty Ford Center. She has authored several books including *Gifts of Sobriety and Losing The Battle, Winning The War; A Spiritual Approach to Healing Eating Disorders*.

### **MICHELE LOB, M.A., LMFT – Program Director**

Michele is a licensed Marriage Family Therapist with more than 20 years experience in working with families, children, and individuals. She held the position of clinical director and program director of the first substance abuse treatment center for women and children in Orange County. Michele's passion and strength is in offering women a genuine love, hope and caring on their journey to self-empowerment and recovery.

### **WARREN R. TAFF, M.D., M.P.H. - Medical Director**

Dr. Taff works extensively both with chemically dependent and psychiatric patient populations. With specific expertise in medication management, he is on faculty at University of Southern California for the psychiatric residents. Board certified, he has served as Medical Director for chemical dependency, eating disorders and psychiatric treatment programs with a vertically integrated delivery system and provides guidance to the treatment team in the delivery of their continuum of addiction treatment services.

### **JERRY BROWN, MFT, Ph.D.**

Dr. Brown is a licensed Marriage and Family Therapist. He assists our clients and their families with understanding and healing from the addictive process during his lectures, groups and family sessions.

### **DAWN NAVRAEZ, R.D – Registered Dietician**

Dawn is our Nutrition Expert. She has more than 10 years experience as a Registered Dietitian, counseling and educating clients in a variety of settings. She has worked extensively in the following areas: eating disorders, weight management, women's health, diabetes, sports nutrition and cancer research. Dawn demonstrates compassion, understanding and enthusiasm while collaborating with clients to create attainable goals.

### **SANDY LEVINSON, CATS, EDS – Case Manager**

An eating disorder specialist with ten years experience in the eating disorder/chemical dependency field, Ms. Levinson brings not only her experience, but also her own powerful love, support and understanding of addiction and recovery to her clients' treatment.

### **CATHERINE WADE, M.A., MFT – Intern, Counselor**

Catherine was a member of Phi Beta Kappa and graduated Magna Cum Laude with a Bachelor's Degree in Psychology. Catherine brings to The Victorian her own experience with her recovery from anorexia nervosa. She brings clients a unique and creative approach to the Body Image groups she facilitates, as well as a care and sensitivity about the struggles they face.

### **ROBIN LA MOURE, CAADAC and CAADE – Art Therapist**

Robin graduated with a Bachelor's Degree in Art History. She spent years abroad working and studying the arts. Her job as art director in an abused children's program led her to complete her drug and alcohol certificate as well as obtain a certificate in equine therapy. Robin's energy and creative spirit views art therapy as a powerful therapeutic way to self-discovery and is a powerful form of healing.

### **SUSAN BAILY, CAS – Support Staff**

Susie is a certified addiction specialist dedicated to working with women in recovery. Her enthusiasm, empathy, and personal knowledge and understanding of the 12-Step recovery process makes her an invaluable member of The Victorian team.



# Program Schedule

## Women's Extended ED Treatment Program

| TIME     | MONDAY                      | TUESDAY                         | WEDNESDAY                   | THURSDAY                           | FRIDAY                     | SATURDAY                   | SUNDAY                             |
|----------|-----------------------------|---------------------------------|-----------------------------|------------------------------------|----------------------------|----------------------------|------------------------------------|
| 6:00 am  | Wake-Up                     | Wake-Up                         | Wake-Up                     | Wake-Up                            | Wake-Up                    |                            |                                    |
| 6:30 am  | AA Meeting<br>Newport Club  | AA Meeting<br>Newport Club      | AA Meeting<br>Newport Club  | AA Meeting<br>Newport Club         | AA Meeting<br>Newport Club | AA Meeting<br>Newport Club | AA Meeting<br>Newport Club         |
| 7:30 am  | House Chores                | House Chores                    | House Chores                | House Chores                       | House Chores               | Wake-Up                    | Wake-Up                            |
| 8:15 am  | Breakfast                   | Breakfast                       | Breakfast                   | Breakfast                          | Breakfast                  | Breakfast                  | Breakfast                          |
| 9:15 am  | Feelings Group              | Feelings Group                  | Feelings Group              | Feelings Group                     | Feelings Group             | Feelings Group             | Feelings Group                     |
| 9:30 am  | Free Time                   | Free Time                       | Free Time                   | Free Time                          | Free Time                  | Free Time                  | Meditation                         |
| 10:00 am | OA Meeting                  | Communications/<br>Skills Group | Gym Cardio                  | Process Group                      | OA Meeting                 | Process Group              |                                    |
| 10:30 am |                             |                                 |                             |                                    |                            |                            | OA Meeting<br>Newport Club         |
| 11:00 am | Snack                       | Snack                           | Snack                       | Snack                              | Snack                      | Snack                      | Snack                              |
| 11:30 am | Individual<br>Appointments  | House Meeting                   | Individual<br>Appointments  | Individual<br>Appointments         | Individual<br>Appointments | Free Time                  | Free Time                          |
| 12:15 pm | Lunch                       | Lunch                           | Lunch                       | Lunch                              | Lunch                      | Lunch                      | Lunch                              |
| 1:15 pm  | Feelings Group              | Feelings Group                  | Feelings Group              | Feelings Group                     | Feelings Group             | Feelings Group             | Feelings Group                     |
| 1:30 pm  | Relapse Prevention<br>Group | Nutrition Group                 | Eating Disorder             | Body Image Group                   | Art Therapy Group          | Gym Cardio                 | Recreational Outing                |
| 2:30 pm  | Snack                       | Snack                           | Lecture/Dr. Cole            | Snack                              | Snack                      | Snack                      |                                    |
| 3:00 pm  | Gym Cardio                  | Process Group                   | Snack                       | Living Skills Group                | Yoga                       | Visitors/Free Time         |                                    |
| 4:00 pm  |                             | Computer Lab                    | Meditation                  | EDA Book Study                     | Computer Lab               | Free Time                  |                                    |
| 5:15 pm  | Dinner                      | Dinner                          |                             | Dinner                             | Dinner                     | Dinner                     | Dinner                             |
| 6:15 pm  | Feelings Group              | Feelings Group                  | Dinner                      | Feelings Group                     | Feelings Group             | Feelings Group             | Feelings Group                     |
| 6:30 pm  | Clean-Up                    | Clean-Up                        | Feelings Group              | Clean-Up                           | Clean-Up                   | Clean-Up                   | Clean-Up                           |
| 7:00 pm  | Free Time                   | OA Vic Meeting                  | Clean-Up                    | Free Time                          | Free Time                  | Open EDA<br>Vic Meeting    | Free Time                          |
| 7:30 pm  | Open OA<br>Vic Meeting      |                                 | Free Time                   | AA Speaker Meeting<br>Newport Club | Outside 12-Step<br>Meeting |                            | AA Speaker Meeting<br>Newport Club |
| 9:00 m   | Relaxation Time<br>Snack    | Relaxation Time<br>Snack        | ABA Meeting at<br>Victorian | Relaxation Time<br>Snack           | Relaxation Time<br>Snack   |                            |                                    |
| 10:00 pm | Journaling                  | Journaling                      | Relaxation Time<br>Snack    | Journaling                         | Journaling                 | Relaxation Time<br>Snack   | Relaxation Time<br>Snack           |
| 11:00 pm | Lights Out                  | Lights Out                      | Journaling                  | Lights Out                         | Lights Out                 | Journaling                 | Journaling                         |
| 12:00 pm |                             |                                 | Lights Out                  |                                    |                            | Lights Out                 | Lights Out                         |

Program groups, times, activities, and/or meetings subject to change at any time.