

Donald Delaney Eating Disorders Clinic

Location: Children's National Friendship Heights: 5028 Wisconsin Ave. NW, Suite 310, Washington, DC 20016

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The Eating Disorders Clinic team is a professionally trained, multidisciplinary team that provides medical, psychological and nutritional services. Clinic services include evaluation, treatment and follow-up for children and adolescents ages 10-21 impacted by eating disorders. Counseling and guidance are also offered to their families.

Conditions treated:

- Anorexia Nervosa
- Bulimia Nervosa
- Other specified feeding or eating disorder (OSFED)
- Avoidant Restrictive Food Intake Disorder (ARFID)
- Disordered Eating

Services provided:

- Evaluation
- Diagnosis
- Treatment Planning
- Nutritional Counseling
- Family-based Treatment*
- Individual Therapy
- Medication Evaluation and Management
- Coordination with outside doctors, therapists and nutritionists
- Referrals to other specialists (as needed)

***Family-based Treatment**, sometimes referred to as FBT or the Maudsley Method, is a leading, evidence-based treatment for children and adolescents. FBT requires active participation by parents and guardians. The goal of FBT is to empower caregivers to nourish their children or adolescents by planning, preparing, serving and supervising all meals.



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Recommended Resources

Books:

- Help your teenager beat an eating disorder
- When your teen has an eating disorder: Practical strategies to help your teen recover from anorexia, bulimia and binge eating
- Skills-based learning for caring for a loved one with an eating disorder
- How to nourish your child through an eating disorder: A simple, plate-by-plate approach to rebuilding a healthy relationship with food
- Anorexia and other eating disorders: How to help your child eat well and be well: Practical solutions, compassionate communication tools and emotional support for parents of children and teenagers
- My kid is back: Empowering parents to beat anorexia nervosa

Websites:

- www.feast-ed.org
- www.anorexiafamily.com

Eating Disorders Team:

- **Anisha Abraham, M.D., MPH**
Division Chief, Adolescent & Young Adult Medicine
- **Lawrence D'Angelo, M.D., MPH**
Adolescent Medicine Specialist
- **Tomas J. Silber, M.D., MASS**
Adolescent Medicine Specialist
- **Katherine Voglmayr, LICSW, LCSW-C**
Social Worker/FBT Therapist
- **Emma Goll, RDN, LDN**
Clinical Dietitian

For more information, visit ChildrensNational.org/departments/eating-disorders-clinic