

WELCOME TO THE FREW CREW

I'm delighted and heartbroken
you're here.
Welcome to the Renfrew
Program for Eating Disorders.
You're here to heal, this is here
to help.
As cliché as it sounds, you'll get
what you give in the program.
Stay focused, keep fighting.
Eventually the positive
momentum will build.

“
It's unfair
that we can
live in our
bodies and
not know who
we are
”

WHAT THE HECK IS AN ARC?

AND OTHER ACRONYMS

UT: Unified Treatment Model. It's the
methodology Renfrew uses.

ARC: Antecedent, Response, and
Consequence. It's a survey used to
understand our emotions in context.

EDB: Emotion Driven Behavior. Not
to be confused with Eating Disorder
Behavior

3-Point Check: A check in
consisting of your Thoughts, physical
sensations and urges/behaviors.

EDA: Eating Disorder, Depression,
and Anxiety Scale, filled out daily
and charted over time.

FEJ: Food Emotion Journal. This is
just a fancy ARC with food attached
used for monitoring the emotional
experience of a meal.

