

**Adult Eating Disorder Resources –
West Virginia**

West Virginia Specific

Clinical:

WVU Medicine Eating Disorder Interdisciplinary Team, Morgantown WV (EDIT) -

- Interdisciplinary team including medical management, psychotherapy, and registered dietician services up to 26yo
- Psychotherapy (both individual and group) and registered dietician services 18+
- Call April Dempsey at 304-598-6400 for referral

WVU Disordered Eating Center of Charleston, WV (DECC)-

- Interdisciplinary team including medical management, psychotherapy, and registered dietician services up to 26yo
- Physicians must refer to the Behavioral Medicine Department. Call 304-388-1000

WVU Medicine Medical Weight Management, Bariatrics, and Eating Disorders

- Psychotherapy services (for adults 18+, individual and group) specializing in the treatment of Binge Eating Disorder, food addiction, and sustainable behavior change. Care may be closely integrated with the WVU Medicine Medical Weight Management and Bariatric Surgery programs when indicated or desired, ensuring coordinated, multidisciplinary support. Contact Kellie Salamone 304-598-4214.

WVU Carruth Center-

- Provides psychological and substance use treatment/services that foster the academic and personal development of students at WVU

<https://carruth.wvu.edu/about>

Clinical - External providers:

Dr. Amana Carvalho, Psychologist, PsyD

- Provides telehealth only psychotherapy services with specialization in eating disorders and LGBTQ+ services, 18+

<https://www.psychologytoday.com/us/therapists/amana-carvalho-wexford-pa/163511>

Holly Danner, MSW, LICSW, MHA, EMDR-C

- Provides adult individual psychotherapy services with a comprehensive approach for eating disorders, complex trauma, anxiety, therapy for therapists, LGBTQIA+, grief and loss, and codependency. Certified in EMDR, somatic experiencing, brain spotting, and dynamic attachment repatterning experience (DARE)

<https://positivepathwayswv.com/welcome>

Sina King, Counselor, MS, LPC, RDN

-Provides individual counseling and registered dietitian services with specialization in eating disorders, autism, and ADHD, 13+

<https://www.psychologytoday.com/us/therapists/sina-king-morgantown-wv/1296726>

Taylor Allen, PhD

-Provides telehealth services, individual and family therapy for 18+. Specializes in outpatient adult treatment of eating disorders, PTSD, and sports performance. Works virtually for both private practice and counseling services through Stillwater Counseling

<https://www.psychologytoday.com/us/therapists/taylor-allen-morgantown-wv/1037622>

<https://www.everglowtherapy.org/>

Non-Clinical:

WVU Collegiate Recovery Program

-A community for any WVU student or professional seeking to improve their relationship with food and body. Also holds a support group named “Nourish Community” every Friday at 1pm.

-Serenity Place at Maple House (724 College Ave) and Virtual Serenity Place

-Email Olivia Pape at olivia.pape@mail.wvu.edu for the Zoom information or any questions. Phone: 304-293-2547, <https://recovery.wvu.edu/about-us>

WVU Dietician Services

-Offers free one-on-one nutrition counseling with a registered dietitian. Can help to address dietary challenges such as disordered eating and weight concerns

[Ask a Dietitian - West Virginia University | Elior Collegiate Dining](#)

Online websites:

Inclusive Eating Disorder Education -

<https://www.inclusiveeatingdisordereducation.com/free-resources>

- Free education and resources for inclusive eating disorder recovery
- LGBTQ+ safe, body liberation and health at every size, unlearning white supremacy, trauma informed
- Workbooks, reading books, podcasts, articles, evidence-based research, websites, and apps

National Eating Disorders Association (NEDA) -

<https://www.nationaleatingdisorders.org/resource-center/>

- Leading eating disorders association that works to advance research, community building, and awareness to support people who have eating disorders or those that have been affected by loved ones who have an eating disorder
- Provides a whole resources page for those looking to build knowledge, increase awareness, or gain support for themselves or others

Recovery Warriors - <https://recoverywarriors.com/>

- A virtual recovery community where you can connect with others to receive ongoing daily support, gain accountability, practice consistency in recovery, challenge eating disorder thoughts, and form new habits
- Offers hundreds of podcasts, a blog, a newsletter, and “The Courage Club”

For parents, caregivers, and loved ones:

FEAST - <https://www.feast-ed.org/>

- A global support and education community of and for parents of those with eating disorders of any kind
- A free resource available to help parents/caregivers understand their child’s eating disorder, supporting you to find the right treatment, and getting you the information to get both you and your child thrive in recovery

Apps:

Recovery Record - <https://www.recoveryrecord.com/>

- Decades of evidenced-based research/education with professional experience created an app to track, treat, and self-monitor. You can connect with your clinician.