

Temperament Based Treatment with Supports (TBT-S)

Cutting-edge eating disorder treatment

San Diego, California
June 10th- June 14th, 2025

What is TBT-S?

TBT-S is a 5-day intensive eating disorder program for teens and children and their families. Over the course of the program, youth and their families learn tools to succeed in recovery based on the most up-to-date neurobiological research.

During this 5-day program, families will receive:

- ✓ Expert assessment and personalized recommendations/recovery plan
- ✓ Live meal coaching by expert psychologists
- ✓ Neurobiologically-driven parenting tools
- ✓ Multi-family therapy
- ✓ Teen coping skills
- ✓ Immersive group activities designed for deep learning

Meet the Therapists

Led by eating disorder experts and trained psychologists, Drs. Terra Towne and Stephanie Knatz Peck.

**Scan Here to
Learn More!**



Overview

- * Schedule: Tuesday- Saturday
- * Time: 8am-3:30pm
- * Cost: \$7000 (\$175/ treatment hour)
- * Address: BrightMind Therapy
1010 Turquoise Street Suite 303
San Diego, CA 92109

***This treatment is eligible for a Project Heal treatment scholarship. [Apply for Treatment Access Support - Project HEAL](#). Please make Dr. Towne aware of your application to ensure it can be reviewed in time for the TBT-S week.**

Contact Dr. Terra Towne at 858-358-5909 or terratownephd@gmail.com