



Eating Disorder Treatment Programs for Teenagers and Young Adults



Specialist treatment with care and sensitivity

The Wave Clinic

The Wave is one of only a handful of specialist treatment centres worldwide dedicated to teenagers and young adults challenged by eating disorders. Our residential, trauma-focused ED programs – for young people and their families – are based in beautiful Malaysia and provide specialist treatment for:

- Anorexia Nervosa (AN)
- Bulimia Nervosa (BN)
- Avoidant/Restrictive Food Intake Disorder (ARFID)
- Binge Eating Disorder (BED)
- Other Specified Feeding or Eating Disorders (OSFED)
- Pica
- Rumination Disorder
- Co-occurring Conditions of Food/Body Issues and Addictions

All our young people are guaranteed the highest level of care with a 24-hour onsite nursing team, led by our consultant psychiatrist, and a client-staff ratio of 2:1 (1:1 for higher level of care needs).

We also provide a full online program for eating disorder recovery (subject to clinical assessment), including meal support services, registered dietitians, and support groups. Visit our website for more information about Outpatient Services.

Each personalised treatment plan requires a minimum 12-week admission (US\$5000 - \$6000 per week), which can be extended if clinically appropriate.





At The Wave, we understand that the early intervention and treatment of eating disorders significantly improves the rate of full recovery and the effect of any minor future lapses.



Tailored to the specific needs of young people

The Wave Approach

There are various approaches to treatment for eating disorders and, at The Wave, we take a trauma-focused approach that treats the whole 'self'.

Our innovative ED programs encourage a dynamic, activitybased, family-oriented approach to change and recovery. We help our young people manage nutritionand mealtimes whilst also supporting them medically and therapeutically, in a program that provides connection and develops skills for life.

We are dedicated to helping families find solutions, remain optimistic and believe in the prospect of full recovery.

We pride ourselves on being forward-thinking and 'just a little bit different' – with a 100% completion rate. The Wave alumni have many wonderful stories of recovery, community and passion. Our young people find freedom in long-term recovery.



Our treatment approach is supportive, caring and nurturing – and ensures our young people feel heard, understood and motivated. It is about moving forwards with a sense of adventure in all aspects of development and gaining valuable life skills. We bring families back together, build trust and hope, and help our young people find real purpose through connection.

In addition, our eating disorder program is the only one available for young people that is dedicated to bridging treatment with education,

volunteering and skills-building – bringing together all the parts needed to navigate successful healing and long-term recovery.

The Wave is a safe space to transform and heal – a home from home. Our young people leave us having been immersed in experiences that lead to internal and external changes in confidence. They leave us believing in themselves.

Our Eating Disorder Programs

Residential Eating disorder Treatment in Beautiful Malaysia

Because of the complexities surrounding eating disorders, a comprehensive, personalised and professional treatment approach is essential to achieve lasting success.

Our experiential and creative eating disorder programs are trauma-focused and designed to build a strong foundation that leads to a lifetime of wellness and recovery.

Our treatment plans are tailored to each young person's specific needs, with an equally weighted focus on full recovery and positive growth.



The Wave programs involve a high level of care and incorporate six key areas:

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|--------------|-----------------------|
| 1. Clinical | 4. Global Citizenship |
| 2. Medical | 5. Outside-Inside |
| 3. Education | 6. Experiences |



No.1



Clinical

The Wave clinical team includes psychotherapists, trauma professionals, family therapists, and recovery coaches who work closely together to deliver our individual, group and family therapy sessions. Our therapeutic interventions for eating disorders include:

- Family Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)
- Internal Family Systems (IFS)
- CBT-E
- DBT
- RO-DBT
- Expressive Arts Therapy
- Somatic Therapy
- Expressive/Arts Therapy

Medical

We have medical and psychiatric teams onsite 24-hours a day, able to manage most complexities and avoid hospitalisation. We are able to provide full medical care for most levels of eating disorder care and have no minimum BMI or weight restrictions (based on a medical assessment).

They are all registered and accredited with worldwide associations in their field of expertise and fully trained in eating disorders. Together they manage and support:

- Medical and psychiatric management of eating disorders
- Renourishment, including NG Tube Feeding and TPN
- Lab and ECG
- Higher levels of care needs for eating disorder treatment
- Medication and prescriptions
- Psychiatric intensive care
- One-to-one nursing

No.2



No.3



Education

We believe that every young person has the right to receive an education appropriate for their needs. We believe in inclusive education, regardless of mental health or behavioural health issues. This is why education forms a central part of our programs, including Personal Learning Plans (PLP).

We work in conjunction with each young person's current place of education (if appropriate), including schools, colleges and educational facilities, to ensure the continuation of current curriculum requirements – through one-to-one and group tuition. Alternatively, we assist in finding new educational pathways. We have collaborated with UK, Australian and worldwide higher education partners to provide traditional secondary, tertiary and vocational qualifications.



“I have been receiving treatment at The Wave while simultaneously completing my high school diploma. The combination has been very beneficial to me in a variety of ways, helping me to build a strong recovery foundation while also working towards other goals.”



We are able to offer all levels of education from Year 7 through to Post Grad study. We are currently offering GCSE, A-Levels and Pre-University Access Courses with UK universities.

Our vocational options include The Royal Horticultural Society, The London School of Art, Leith's School of Cookery and The British Horse Society, together with short courses in a variety

of subjects. Young people based at Transitions House can gain voluntary placements and work experience to develop their knowledge or fulfil internship of placement hours. We have developed excellent relationships with local NGOs, schools and organisations to provide opportunities for our young people under the guidance of our clinical and education teams.

Global Citizenship

Our programs encourage young people to play an active part in their recovery. One aspect of this is through global citizenship, where they become more aware of and understand the wider world – and their place in it.

We provide opportunities for our young people to take responsibility for themselves, the community and the environment, through social awareness, environmental projects, and active participation in local community projects.

As part of our eating disorder program, our teenagers and young adults plan, shop, cook and serve looked-after children in a local orphanage as part of The Wave Trust support team.

No.4





Eating with the children, sharing the experience and creating fun after-lunch activities and games help us gently develop therapeutic enquiry and challenge limiting beliefs and ED behaviours.

Full of challenges, our programs allow young people to further their recovery in experiential, life-enhancing, therapeutic challenges. Learning and living eating disorder recovery makes all the difference between talking recovery and living recovery.

All our young people are members of The Wave Trust and study Safeguarding Children Level 1 to safely be of service in the community.

“Our involvement in community projects and service to others is just one of the reasons that our young people are so successful in treatment and beyond.”

Outside -Inside

At the Wave, we give our young people many opportunities to gain new tools, learn valuable skills and build inner resources – in a nurturing, positive environment. These include developing resilience, learning to balance high levels of emotional response (emotional regulation) and mindfulness.

We use a variety of holistic and creative practices that are evidence-based and work in tandem with psychotherapy in the treatment of mood disorders, eating disorders and psychiatric illness, including:

- Food and body groups
- Mindful movement
- Tension, stress and trauma release (TRE®)
- Reiki
- ED-informed yoga
- Education on nourishment
- Journalling and reflective writing
- Team sports and other group challenges (where clinically appropriate)

Together, we build a bank of tools and skills that not only improve relationships and an understanding of the self (and others) but also significantly improves our young people's chances for success post-treatment.

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Experiences

Our eating disorder programs incorporate a wide range of experiences that encourage cultural appreciation, teambuilding, collaboration with peers, and having fun, including: Our programs incorporate a wide range of activities and excursions that encourage cultural appreciation, team building, collaboration with peers, and having fun, including:

- Dance and drama productions
- Fashion design
- Batik painting
- Pottery
- Horse riding
- Jungle adventures
- Orienteering
- Rock climbing





We believe that healing happens in relationship, whether in therapy, on the tennis court, riding whitewater rapids, camping or volunteering. We create an environment where young people can try something new, get involved, find new passions and experience new challenges as part of a supportive community.

This community spirit is just one of the reasons why The Wave ED programs are so successful in the long-term treatment of young people.

“My time at The Wave was one of the best experiences of my life. I participated in many activities, learnt new life skills and made friends from other countries. It opened my eyes and gave me new knowledge and experience to be a better person. Thank you, The Wave, for giving me the best memories ever.”

NJ, AGE 22, MALAYSIA



Meet online or in person

The Assessment Process

Our assessment process is in-person where possible and by Telehealth or Zoom platforms for our international families. During the assessment, you will have an opportunity to meet members of our clinical and medical teams. It is a wonderful opportunity for you to get to know us and for us to understand your concerns and goals for the future.

Determining the correct level of care for our teenagers and young adults is one of the reasons why our assessments include several members of our teams. We are looking to create a treatment plan that truly meets the needs of every young person, with appropriate therapies.

By ensuring our young people receive the correct level of care from the outset, we can avoid unnecessary treatment episodes, hospitalisations or ineffective treatments that fail to address the core symptoms and trauma-based aspects of eating disorders.

To determine the level of care necessary for each young person, we used standardised international assessments and standards in the care guidelines for young people with eating disorders (American Psychiatric Association).

We take the time to get to know our families and young people to really understand their needs in treatment. Our assessment process allows us to get to know your family and the history that makes your story unique.



To determine the level of care necessary for each young person, we used standardised international assessments and standards in the care guidelines for young people with eating disorders (American Psychiatric Association).

Levels of Care at The Wave include:

- **Primary – Residential (Main House)**
 - Indigo: Highest Level of Care with 1:1 medical care (BMI 15 or less)
 - Magenta: Highly Focused Care
 - Jade: Maintenance Phase & Intuitive Eating
- **Secondary – Residential (Transitions House)**
 - moving to independent living
 - volunteering
 - studying/supported education
- Day Care
- Outpatient





Outside of mealtimes, treatment involves physical activity, individual, group and family psychotherapy, along with complementary, holistic therapies and fun activities and experiences.

What Does Treatment Involve?

Research shows that teenagers and young adults challenged by eating disorders benefit significantly from treatment programs specifically designed to meet their developmental needs. Professional treatment provides the best chance possible to overcome an eating disorder for good and engages young people in recovery programs with full medical support.

At The Wave, our services are designed solely for young people – whether on a residential or outpatient basis – to increase long-term engagement and have a hugely positive effect on treatment outcomes. One of the most critical considerations is building great therapeutic relationships, both with our young people and their families.

Our treatment levels are determined by:

- Medical status
- Supervision and support needed to decrease eating disordered behaviours
- Weight restoration
- Motivation
- Self-harm
- Suicidal thoughts or gestures
- Compensatory behaviours (exercise/purging/others)
- Family/peer/education support
- Proximity to treatment



“Our family was deeply involved in the treatment plan carried out by The Wave Clinic in all stages of treatment. The care, kindness and involvement they provided exceeded all my expectations and previous experiences.”

LUÍS, PARENT

The Wave Recovery Team

Treatment for eating disorders requires a level of understanding and compassion – and it comprises several factors, including specialised therapies, nutritionists, exercise coaches and clinicians, medications, family intervention and group sessions.

To effectively deliver our treatments, each young person in our care works closely with a dedicated nurse, case manager (who liaises with all carers), primary therapist, and primary recovery coach – each being responsible for different elements.

They also have a personal trainer responsible for the physical aspects of recovery and oversees nutritional needs with support from a registered dietician and our onsite chef.

This recovery team is overseen by our treatment director and clinical director, who liaise closely with the family and any outside providers/ medical practitioners involved in the young person’s recovery.

Within our daily schedules, we operate a 3:3:3 meal plan with individual observations of each young person, with meal plans addressing fear foods and food challenges in a gentle and supportive community. Our mindful eating table is monitored by a member of the clinical team, where we practice intuitive eating.

Whilst entering a higher level of care can be quite daunting for young people, the home from home environment found at The Wave is certain to settle any fears of being away from home.

“Our family was deeply involved in the treatment plan carried out by The Wave Clinic in all stages of treatment. The care, kindness and involvement they provided exceeded all my expectations and previous experiences.”





Recovery is Possible

The Wave Clinic is a place of hope, not only for the teenagers and young adults who walk through our doors but also for their families who are able to find hope in a brighter future.

Please visit our website page 'Stories of Hope' where our young people and their families explain how The Wave offered opportunities to be creative, to feel accepted and to feel supported in their recovery journeys.

Our young people and their families stay in close contact with us after they leave. In fact, many of them return to visit The Wave family and join us to mark special celebrations in their lives. Our families know that they can lean on us for support and advice long after treatment has been completed.

We offer short stays, regular therapy sessions and support for all our young people for as long as they need us. There is no time limit or ceiling on our involvement; our family becomes your family as the story continues to unfold.

The Wave is a unique space. We made it that way. Our team creates space ‘The Wave Way’.

We nurture, care, live and laugh with our young people; we believe in collaboration and recovery partnerships and most of all we believe that recovery is possible for every young person that we have the pleasure of meeting.

Each has a story to tell and we have the ability to listen.

“The Wave is the place to go if you find yourself struggling with the business of life. Each activity at The Wave has a specific purpose, which has been intentionally and carefully added – all run by a team that is 100% supportive, loving and generous.”

K, AGE 19, SYDNEY





Planning for the Future

As many of them stay with us for a considerable amount of time, The Wave, the friends they make, and the skills they learn, become central to the future they are creating for themselves and those around them.

In preparation for their onward journey, we create an ongoing care plan for a sustained recovery in collaboration with each young person, their family and their preferred treatment professionals.

Moving on from residential ED treatment is a wonderful and positive step, but it can also be daunting for our young people and their families. We support them to have realistic plans and expectations as the next phase of their development begins. Our teams are on hand to support the transition and are always available to help the family or new treatment team, both during and after discharge. Our doors are always open.

From the moment our young people walk through our doors, we begin preparing for their future.





Transitions House – Secondary Care

These programs offer small, structured steps towards independent living. Surrounded by the familiarity of The Wave treatment team and with the support of their mental health team, our teenagers and young adults can move through the treatment pathway, gaining stability and knowledge along the way.

At Transitions House, we provide a structured treatment plan designed to meet each young person's unique needs. This can include weekly attendance, goal setting, one-to-one sessions, food and body groups, meal support, cooking classes, budgeting, shopping assistance and personal tutors.

Our young people leave us with the confidence, connection and compassion needed to successfully take the next steps in their journey.

“No matter what happens in the future I know I will always have a home at The Wave, that I will always have a family there and that I will always be welcome in this community that has been lovingly created.”

J, AGE 19, DUBAI



Many of our young people transfer to our secondary care programs at Transitions House.



Our Location and Facilities

Our modern, luxurious facilities are just a 20-minute drive from the Kuala Lumpur International Airport and set in a secure location.

Housed within beautifully manicured gardens with 360° panoramic terraces, our spacious suites are single or shared occupancy, all with en-suite bathrooms. Rooms are shared, where appropriate, to provide a buddy system with a more senior peer that can give valuable support and connection.

Our facilities include a 42ft x 17ft indoor pool with a poolside yoga deck and games terrace. We have an indoor hot tub, designated art room that includes fashion and textile design, outdoor basketball court, table tennis, fully-equipped gym, tennis, futsal, badminton and more.

Our onsite chef works with our dietician to develop individual meal plans for each of our young people, taking into account both personal preferences and any health concerns. Fresh, nutritious, gourmet meals are prepared daily, and our young people regularly participate in choosing, preparing, cooking and serving lunches at weekends.





THE WAVE
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