



Center for Hope and Health ●


Treatment for eating disorders, anxiety disorders, OCD insomnia, and PTSD.




About

At the Center for Hope and Health, we understand that creating long-term change doesn't happen overnight. Our team of therapists specializes in scientifically proven cognitive behavioral treatments. We use a collaborative approach to help you identify problematic or dissatisfactory areas in their lives, and then work toward your goals. With locations in New Jersey and Pennsylvania, we are a private pay clinical offering virtual sessions to all PSYPACT states and in-person sessions in the Philadelphia, PA, Somerset County and Princeton, NJ areas and surrounding suburbs.



Reach out:

-  (610) 645-5311
-  www.centerforhopeandhealth.com
-  intake@centerforhopeandhealth.com
-  **Office locations:**
PA: 63 Lancaster Ave #05, Ardmore, PA, 19003
NJ: 337 E. Main Street, Somerville, NJ, 08876

   @centerforhopeandhealth

Follow our founders on Instagram:
[@evidencebasedbesties](https://www.instagram.com/evidencebasedbesties)



Center for Hope and Health

Helping you with treatments that work.

www.centerforhopeandhealth.com

Specializing in evidence-based treatment for:

- > Eating disorders
- > Obsessive-compulsive disorder
- > Anxiety disorders
- > Post-traumatic stress disorder
- > Body dysmorphic disorder

MENTAL HEALTH IS FOUNDATIONAL.

When you're struggling, it can be overwhelming to know where to turn. At CHH, we provide specialized, evidence-based treatment for your needs. Our goal is to help you gain the tools you need to live your healthiest, most authentic life.



Helping you with *treatments that work* - that's our mission.

We offer a variety of evidence-based interventions, including:

- Cognitive Behavioral Therapy (CBT)
- Cognitive Behavioral Therapy - Enhanced for Eating Disorders (CBT-E)
- Family Based Treatment (FBT) for adolescent eating disorders
- Exposure and Response Prevention (ERP)
- Cognitive Behavioral Therapy for Insomnia (CBT-I)
- Prolonged Exposure (PE) for PTSD

Treatment depends on your specific needs. We'll work together to identify the best next steps for your goals.

[CENTERFORHOPEANDHEALTH.COM](https://centerforhopeandhealth.com)

Let's get started.

Step 1: Call or email us to schedule an intake call.

Step 2: We'll learn about you & your goals.

Step 3: We'll connect you with the right therapist for your unique needs.



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