

Temperament- Based Treatment with Supports

San Diego, CA

September 1 - 5
2026

What is TBT-S?

TBT-S is a **5-day intensive eating disorder program** for teens, young adults, and their families. Over the course of the program, clients and their families learn practical tools to succeed in recovery -- grounded in the most up-to-date neurobiological research.

What families receive

- **Expert assessment & a personalized recovery plan**
- **Live meal coaching** led by expert psychologists
- **Neurobiologically-driven** parenting tools
- **Multi-family therapy sessions**
- **Client coping skills** for lasting recovery
- **Immersive group activities** built for deep learning
- **Psychiatry consultation**

Meet the therapists

Led by eating disorder experts and trained psychologists

Dr. Terra Towne & Dr. Stephanie Knatz Peck

Take the first step toward recovery

Spaces are limited each session. Reach out to learn more, check eligibility, or reserve a place for your family.

Call 858-358-5909

terratownephd@gmail.com

Program at a glance

AGES	14 - 21
DAYS	Tues-Sat
TIME	8 AM - 3:30 PM
COST	\$8,000
WHERE	1010 Turquoise St, Suite 303 San Diego, CA 92109

"The TBT-S week might be the best thing we have done for our daughter's recovery. Invaluable, incredible, and life-changing"

"I could not be more grateful that we participated, I don't see how recovery would be possible without the learnings from the week. I felt taken care of with the absolute highest level of care"

**Scholarships
Available**

Treatment scholarships available --
email or call for more information

Contact Dr. Terra Towne

858 - 358 - 5909 ~ terratownephd@gmail.com