



SPECIALTIES

Dr. Jacobs treats children, teens, and adults. Areas of expertise include:

- ▶ Anorexia nervosa
- ▶ Bulimia nervosa
- ▶ Binge eating
- ▶ Body image concerns
- ▶ Weight management
- ▶ Compulsive exercise
- ▶ Body dysmorphic disorder
- ▶ Relationship and self esteem issues
- ▶ Assertiveness training
- ▶ OCD
- ▶ Depression and anxiety disorders
- ▶ Fertility issues

WELCOME

I want to welcome you to my practice. I have developed an innovative program especially for eating disorders, weight management and personal wellbeing.

BIO

Dr. Jacobs is a clinical psychologist and published author who provides individual, family and group therapy for adults, adolescents, and children with eating disorders (including anorexia nervosa, bulimia nervosa, and binge eating disorder). She has trained in multiple treatment modalities, including Maudsley family therapy, dialectical behavioral therapy, cognitive behavioral therapy, and interpersonal psychotherapy. Dr. Jacobs is one of the few officially certified providers of Maudsley family-based treatment nationwide and internationally.

Dr. Jacobs helped develop an innovative intensive family therapy program at the University of California, San Diego (UCSD) and is its lead family therapist. She was on the founding team of the clinic, where she completed a postdoctoral fellowship under the mentorship of internationally renowned eating disorders expert, Dr. Walter Kaye. Dr. Jacobs designed the DBT program for the UCSD Intensive Outpatient Eating Disorder Program and facilitates group skills training groups as well as providing individual and family-based psychotherapy. Dr. Jacobs has extensive experience in utilizing family-based treatments for adolescent anorexia nervosa and bulimia nervosa, as well as for pediatric overweight and obesity. In addition, she has facilitated internet-based discussion groups for college-age women at high risk for the development of eating disorders.

Dr. Jacobs obtained her doctoral training in clinical psychology at the SDSU/UCSD Joint Doctoral Program in Clinical Psychology. She completed her undergraduate work at Duke University, graduating summa cum laude and completed her juris doctorate at Harvard Law School. Among her activities prior to pursuing a career in psychology, Dr. Jacobs worked in New York as an intellectual property attorney and on the editorial staff of Vogue magazine.

RESEARCH

- ▶ **Anorexia nervosa trios: Behavioral profiles of individuals with anorexia nervosa and their families.**
Psychological Medicine, In press.
- ▶ **Placebo response in binge eating disorder.**
The International Journal of Eating Disorders 40 (2007), 204-211
- ▶ **Spirituality among young women at risk for eating disorders.**
Eating Behaviors 6 (2005), 293-300
- ▶ **Interpersonal therapy for eating disorders.**
the Clinical Handbook of Eating Disorders edited by Timothy Brewerton (2004).

PROGRAMS

All therapy provided by Dr. Jacobs is informed by the state of the science in psychotherapy treatment and research.

- **Individual therapy:** Expert, evidence-based psychotherapy delivered with warmth.
- **Family therapy:** Dr. Jacobs provides Maudsley family therapy on an outpatient basis. Dr. Jacobs is able to provide phone consultation for families nationally and internationally. She has developed expertise working with very young children and males with eating disorders, as well as adults and adolescents. Dr. Jacobs facilitates the building of Maudsley friendly interdisciplinary treatment teams. Dr. Jacobs also provides supervision/consultation for therapists learning the Maudsley approach as well as other empirically based treatments.
- **Media consulting:** Dr. Jacobs's background in media and fashion make her an invaluable consultant to magazines and corporations.
- **Parent coaching:** Dr. Jacobs provides a unique and innovative parent coaching program designed to train caregivers in refeeding and supporting treatment resistant children and adolescents.
- **In home meal support:** Dr. Jacobs will assess your home environment and help you revamp it to work for you. She will coach you through meals, grocery shopping, and food preparation -- essential factors in full recovery and developing a healthy lifestyle.

PROFESSIONAL AFFILIATIONS

Dr. Jacobs serves on the Professional Advisory Panel for Families Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T.).

Dr. Jacobs is a member of the Academy for Eating Disorders and serves on its Media Affairs Committee.

Dr. Jacobs is a member of Friends of Nutrition Entrepreneurs, the Eating Disorders Coalition, and the National Eating Disorders Association.

