



FIGURE 2.2. The four levels of care of multistep CBT-E for adolescents with eating disorders.

Each level of care is based on the same theory and uses similar strategies and procedures (more intensive in intensive outpatient and inpatient CBT-E).

From Dalle Grave R & Calugi S, *Cognitive Behavior Therapy for Adolescents with Eating Disorders*, Guilford Press, New York, 2020.