

Who We Treat

SpringSource specializes in the treatment of eating, mood, and anxiety disorders across a range of clinical presentations.

We frequently work with individuals experiencing:

- **Anorexia nervosa**
- **Bulimia nervosa**
- **Binge eating disorder**
- **Compulsive overeating**
- **Weight management concerns, including individuals considering or using GLP-1 medications**
- **Depression**
- **Anxiety**
- **Trauma**
- **Body image distress**
- **Identity-related concerns, including LGBTQ+ affirming care**
- **Life transitions**

Care is designed to address eating, mood, and anxiety concerns within the broader emotional and psychological context that shapes recovery.

Our Care Model

SpringSource provides evidence-based mental health care grounded in well-established therapeutic models used in the treatment of eating, mood, and anxiety disorders.

Our clinicians integrate these approaches based on each individual's needs, diagnosis, and stage of recovery:

- Dialectical Behavior Therapy (DBT)
- Family-Based Treatment (FBT)
- Emotion-Focused Family Therapy (EFFT)
- Exposure and Response Prevention (ERP)
- Trauma-Informed Care
- Acceptance and Commitment Therapy (ACT)
- Cognitive Behavioral Therapy (CBT)
- Cognitive Processing Therapy (CPT)
- Dynamic/Relational Therapy

These models are applied across individual therapy, small group treatment, and higher levels of care.

HYBRID INTENSIVE OUTPATIENT PROGRAM (IOP)

SpringSource's hybrid Intensive Outpatient Program is designed for individuals who need more structure than weekly therapy while remaining engaged in daily life.

Our IOP combines:

- Small, clinician-led groups
- Integrated individual and group therapy
- Evidence-based treatment for eating, mood, and anxiety disorders
- Support for individuals in higher-weight bodies, including those considering or using GLP-1 medications
- In-person care in Chicago and Northbrook, with virtual participation throughout Illinois
- CARF-accredited IOP

Care is structured, relational, and individualized within a supportive clinical environment.

GLP-1, Higher Weight, and Mental Health Support

As access to GLP-1 medications expands, many individuals discover that medical treatment alone does not address the emotional, behavioral, and psychological aspects of change.

SpringSource provides specialized mental health care for individuals in higher-weight bodies, including those considering or currently using GLP-1 medications.

We support individuals navigating:

- Changes in eating patterns and appetite regulation
- Body image and identity shifts
- Emotional responses to rapid weight change
- Longstanding relationships with food, control, and shame
- Mood, anxiety, or trauma symptoms that may emerge or intensify during treatment

We work collaboratively with medical providers to support sustainable, whole-person outcomes.

Clinical Leadership & Referrals

SpringSource was founded by Dr. Susan McClanahan and Dr. Angela Derrick, both Clinical Psychologists and Clinical Assistant Professors at Northwestern University, Feinberg School of Medicine.

Dr. McClanahan founded Insight Behavioral Health Centers, Chicago's first intensive outpatient, partial hospitalization, and residential program for eating, mood and anxiety disorders. She was the Chief Clinical Officer at Eating Recovery Center/Pathlight Behavioral Health for many years. Dr. Derrick has held Senior leadership roles across all levels of care, with expertise spanning eating disorders, trauma, mood and anxiety conditions. Both Founders are thought-leaders, avid presenters, supervisors, and researchers in their field.

Contact and Referrals

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Northbrook

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SpringSource: Eating, Weight & Mood Disorders

A specialized mental health treatment center providing comprehensive care for eating, weight, and mood disorders. Founded by leaders in eating disorder treatment, SpringSource delivers expert, evidence-based care across individual therapy, group treatment, and intensive outpatient programming.

In person in Chicago & Northbrook with virtual care throughout Illinois.