

Binge Eating Group

Wednesdays 7:00-8:30pm beginning on February 26th, 2020

The purpose of this group is to develop an in depth understanding of binge eating disorders and their bio-psycho-social construct. We will also be thoroughly identifying and exploring the essential skills and tools necessary to recover from a binge eating disorder.

Part 1: Psychoeducation

In the first part of the group, we will explore the experience of binge eating, provide important information, and begin challenging some false beliefs that may lead you to maintain these symptoms. We will discuss:

- What is binge eating disorder? What are its symptoms, patterns, and triggers?
- What is the link between dieting and binge eating?
- What functions does of binging serve?
- How are binging and emotions connected?
- Body image

Part 2: Recovery skills and strategies

In the second part of the group, we will teach you the skills and strategies necessary to effectively address and overcome binge eating, and to better cope with underlying emotional difficulties by using:

- Emotion regulation
- Distress tolerance
- Value-based decision making
- Self-compassion
- Mindfulness strategies

Please call us for costs and eligibility (514) 544-2323