

## **Psycho-Education & Skills Group for Eating Disorders: Essential Steps Toward Recovery**

The purpose of this group is to educate on the factors involved in the ***process of change***, and what is ***essential for recovery*** from an eating disorder.

### **Part 1: Psychoeducation**

In the first part of the group, we will provide essential information in order to de-mystify eating disorders and the many false beliefs surrounding them, such as:

- What factors are currently maintaining your eating disorder?
- What are the stages of change and where are you right now?
- How are eating disorders similar to anxiety disorders and the importance of facing fears (exposure)?
- The myths of dieting and compensatory behaviors

### **Part 2: Change Strategies**

In the second part, we will help you to develop skills to combat both your eating disorder and the negative emotions and anxiety that often get in the way of recovery, such as:

- Introduction to Mindfulness
- Emotion regulation
- Distress tolerance
- Interpersonal effectiveness
- Making changes in line with your values

**Thursdays 6:30-8:00pm beginning February 20<sup>th</sup>, 2019 -12 sessions**

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