

Caring for someone who is living with an eating disorder: Support and skills for parents and caregivers

The purpose of this group is to provide a safe and supportive space where parents and caregivers can learn evidence-based skills to better support their loved one who is living with ED. This five session group will focus on psychoeducation as well as experiential learning to educate and empower caregivers.

Session 1 - *The landscape of eating disorders: who, what, when, why and how to weather this storm in your family*

In this session, we will explore the causes of eating disorders, including the neurobiology of the disease and how this informs treatment. We will touch on the different types of ED, differentiation of the disorder from your loved one and myths about this disease.

Session 2 - *Meal support 101: how to feed your loved one while nourishing your bond*

Our Director of Nutritional Services will join our group in order to provide clear and scientifically-validated information about supporting your loved one during meals. Topics covered will include creating the right environment for recovery, concrete tools for meals, nutritional basics and more.

Session 3 - *It's not just about food: becoming your loved one's emotion coach*

As parents, you are hardwired to respond to your loved one's needs. This session will harness that power, offering an evidence-based approach to offering your child the emotional safety and support that they need to heal.

Session 4 - *Self Care: how to address your own feelings of grief, shame, self-blame and fear (and why it's important to do so)*

Caring for someone who has an ED is incredibly difficult. In this session, we focus on exploring the emotional blocks that get in the way of treatment and your relationship with your loved one.

Session 5 - *Putting it all together*

Our final session will focus on integrating the skills and insight gained over the past month, with plenty of space to focus on current group needs.

Please contact us for costs and eligibility.