

Compulsive and Binge Eating Group

GROUP DESCRIPTION:

The purpose of this group is to support individuals who suffer from various types of compulsive eating towards recovery. In a safe and non-judgmental environment, the group will go over important information, tools, and strategies to help you on your journey to eliminate compensatory behaviors and help you live better in the body that you currently have.

Session 1: Welcome

Overview of the group; Participant presentations; Individual objectives for the group.

Session 2: Psychoeducation

Special Guest: Tania Lemoine, Founder and Director of BACA

Identifying BED symptoms, patterns, triggers; Compulsive eating vs. Binge Eating vs. obesity; Disadvantages vs. advantages of your eating disorder, eating disorder functions and stages of change.

Session 3: Nutrition and Physical Activity

Special Guest: Lianne Dybenko, Head Nutritionist at BACA

Basic nutritional concepts that will support your recovery, Link between dieting and bingeing; Overview of intuitive eating

Session 4: Psychoeducation

The association between compulsive eating and emotions; understanding triggers; strategies to stop compulsive eating

Session 5: Shame and the Inner Critic

The role of shame in eating disorders; Learning how to counter the inner critic

Session 6: Emotion Regulation and Distress Tolerance

Understanding what causes us distress, The concept of “the window of tolerance”; Exploring tools and strategies that help de escalate, regulate and self soothe

Session 7: Self-Compassion

Tools and strategies to help you see yourself in a different light and your body in a different way; introduction to mindful self-compassion

Session 8: Body Image 1

Special Guest: Elsa Perez, Family therapist and Psychotherapist

The impact of body image disturbance on daily life, Learning skills to help you to stop blaming your body and to challenge your cognitive distortions

Session 9: Body Image 2

Special Guest: Elsa Perez, Psychotherapist

Exploring the relationships that have impacted your body image; Externalizing the negative messages regarding body image that come from media, peers and family

Session 10: Health At Every Size

Special Guest: Tania Lemoine, Founder and Director of BACA

What is HAES and how to embrace it; Grieving the “ideal” body that won’t be and embracing the body that will bring you freedom

Session 11: Testimonial

Special Guest: Tania Lemoine, Founder and Director of BACA

Tania’s journey to recovery and self-acceptance

Session 12: Putting it all together

Overview of the key principles outlined in this group; How and why to engage in your commitment to persevering on YOUR OWN journey to recovery beyond this group

PLEASE CONTACT US FOR MORE INFORMATION