

Psychoeducation group for eating disorders

GROUP DESCRIPTION:

The purpose of this group is to support individuals who suffer from different types of eating disorders in a safe, non-judgmental setting. Using psychoeducation, exercises, tools and strategies, this group will help you learn about the different factors that are involved in your process of change and what you need to do to recover.

Session 1: Introduction

Overview of the group and its goals; setting the frame; participants introduction; development of individual goals for the group.

Session 2: Psychoeducation

Introduction to mindfulness; introduction to the transdiagnostic approach; the biopsychosocial model; identifying the symptoms of your eating disorder; better understanding your predisposing, triggering, and maintaining factors.

Session 3: Psychoeducation - basic concepts

The advantages and disadvantages of your eating disorder; the functions of your eating disorder; the stages of change.

Session 4: Psychoeducation - basic concepts (continued)

Eating disorders as a phobia and obsessive-compulsive like illnesses; the roles of anxiety and avoidance in maintaining your eating disorder; restriction theory; set point theory; the futility of purging behaviours.

Session 5: Eating Disorder and Emotions

The link between eating disorders and emotions; the functions of emotions; understanding triggers; the role of avoidance; observing and describing emotions; the non-judgmental approach; using emotions well.

Session 6: Psychological aspects

Personality traits associated with your eating disorder; cognitive distortions; learning strategies to cope with cognitive distortions and cultivate a caring approach to your body; introduction to body image; understanding the difference between body positive and body neutrality movements.

Session 7: Nutrition and Physical Activity

Special Guest: Lianne Dybenko, Director of Nutrition at BACA Clinic

Basic nutrition concepts to support your recovery; introduction to mechanical and intuitive eating.

Session 8: Socio-Cultural and Biological Factors

Deconstructing the impact of dieting culture and fat phobia on your mental and physical health; externalizing other systems, media and people that have contributed to your body image; differences between anorexia and bulimia; genetic factors; neurotransmitters involved in your eating disorder; medications and eating disorders.

Session 9: Emotional regulation and distress tolerance

Identifying what causes us distress; understanding the concept of the "Window of Tolerance"; exploring strategies for self-soothing and emotion regulation.

Session 10: The role of shame, perfectionism, and the self-critical voice

Understand what shame is and the role it plays in your eating disorder; externalize and tame your self-critical voice.

Session 11: Self-Compassion

Introduction to mindfulness-based self-compassion; gaining tools and strategies to help you begin to transform your relationship with your body and yourself.

Session 12: Putting it all together

A look back at the key principles and concepts of the group; how to integrate the skills and knowledge gained and engage in a recovery process; how to cultivate caring and perseverance for yourself.

PLEASE CONTACT US FOR MORE INFORMATION