

GROUP THERAPY

CMHA WW EATING DISORDER SERVICES

Education Day

The first group you will attend to better understand eating disorders

Motivation Enhancement Therapy

Discuss what it might be like to make changes

Skills

Learn tools and emotion coping skills to help you recover

Symptom Interruption

Set goals and work on change

Acceptance and Commitment Therapy

Examine what's important to you outside of the eating disorder

Art Expression

Creatively explore issues related to recovery

Meal Support

Receive support in tackling difficult meals

Body Image

Work through thoughts and feelings about your body

Binge Eating Disorder

A group specifically for clients with BED

Relapse Prevention

Draw on previously learned skills to maintain your recovery

Benefits of Group Therapy:

- Giving hope
- Reducing isolation
- Learning new skills and coping strategies
- Accountability with goal setting
- Meeting with others who share a similar experience
- Providing information
- Giving and receiving help and support
- Developing new solutions and techniques for social situations
- Processing past social/family situations by providing a safe place to express yourself and receive feedback
- Unlike individual therapy, group therapy provides an opportunity for you to share experiences and feelings with others that hopefully leads to validation and self acceptance. Group members can also offer suggestions and reflections as we together explore therapeutic strategies for change and healing

Group Therapy Guidelines:

- Groups are closed after a certain number of sessions. Your regular attendance is important for group members to feel a sense of safety, for trust to develop and for groups to function effectively
- If you miss a certain number of groups you will not be able to continue in the group
- Approach group with an openness to learn about yourself while being attentive to others, always be respectful with fellow group members, it is also ok to disagree in a respectful way
- Exercise healthy boundaries, always work at your own pace and comfort level. You also have a right to decline sharing personal information with other group members for example; email, phone # , ride to group
- Take time to notice your patterns with others. Do you listen? Talk? Do both equally? Say too little, too much, or balance the conversation? Try to help others while also sharing your own thoughts and experiences



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