

Compulsive Eating and Binge Eating Disorder Support Group

Groupe animateurs: *Erika Rossi, Psychologist & Sara Creighton-Wiebe, Dietitian-Nutritionist*

GROUP DESCRIPTION:

The purpose of this 12-week group is to offer support and education to individuals who suffer from compulsive eating and binge eating disorder.

In a safe and non-judgmental space, the group will cover topics like underlying causes, symptoms, emotion regulation, coping strategies, and treatment options. Our aim is to provide you with compassionate support, strategies and skills as you move towards developing a healthy relationship with food, eating and your body.

Session 1: Welcome

Overview of the group, a word about confidentiality, individual & group expectations & objectives.

Sessions 2-12: Themes that will be covered:

Psychoeducation

What causes eating disorders, disadvantages vs. advantages of your eating disorder, compulsive eating vs. binge eating, stages of change, the binge cycle

Set-point weight / Genetic weight / Natural weight

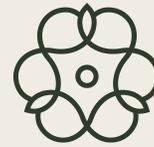
Why diets don't work, why diets are harmful and what is set-point weight?

Nutrition, Intuitive Eating, Mindful Eating

The role of food & nutrition in eating disorder recovery; the starvation response; cognitive restriction/diet mentality; what is "normal" eating, what is a "normal" portion, identifying hunger/fullness cues and the important role of satisfaction, overview of intuitive eating; mindful eating; strategies to manage compulsive eating

Shame and the Inner Critic

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



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Eating Disorder
Treatment
Clinic

Emotion Regulation, Distress Tolerance, and Understanding our Thoughts

The roles & functions of emotions, what are cognitive distortions and how do these thinking styles impact behaviors, exploring tools and strategies to help understand & manage compulsive eating behaviors and help to de-escalate, self-soothe and self-regulate.

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

Body Image

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

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

Health At Every Size (HAES)

What is HAES and how to embrace it; Grieving the "ideal" body that won't be and moving towards radical body acceptance

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

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