

## **Adult Eating Disorder Group Descriptions**

**Check-In:** Monday and Wednesday will begin with a check-in. During this time, each individual will briefly describe how they have been managing since the last program day. This will include their ability to stay with the assigned meal plan, any eating disorder behaviours engaged in, as well as any significant events or concerns.

**Progress Meeting:** The purpose of the progress meetings is for you to lead a discussion with the team about how you see your recovery going. This is a chance to tell us your experience of how your recovery is going, and to also get the team's input in what we notice.

Every week you will be attending a Progress Meeting with the team and bring 2 topics to discuss. Some examples of topics are:

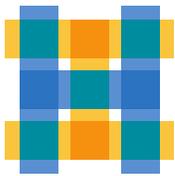
1. What I am struggling with.
2. How I feel about my progress on symptoms i.e., restriction, bingeing, purging, exercising.
3. What I think are major factors that help or hinder my recovery.
4. How the team can help me.

The above examples are meant to give you an idea of what you can discuss, and any topic that is relevant to your recovery and your stay in the program is a possible topic.

**Education Group:** This is a didactic group led by one of the staff members. The purpose of the group is to provide information on important topics and facilitate discussion to assist with the integration of the information. Patients may request specific education topics in advance. Sample topics include:

- Factors that may contribute to the development of an eating disorder
- What is healthy exercise?
- Potential physical consequences of eating disorders
- Sociocultural Influences on body image
- Strategies for overcoming anxiety
- Strategies for preventing bingeing, purging, and restricting
- Normalized eating and portion sizes
- Metabolism and set point theory
- Calcium, osteoporosis and iron
- Fad diets and consequences of excessive dieting
- Food, nutrients and body composition (macronutrients, fiber)
- Vitamins and minerals

**Cognitive Behavioural Therapy (CBT) Group:** CBT is an action-oriented form of psychosocial therapy that is based on the notion that unhelpful thinking patterns can lead to maladaptive behaviors and "negative" emotions. Instead of reacting to the reality of a situation, an individual reacts to his or her own viewpoint of the situation. CBT involves recognizing unhelpful patterns of thinking and then modifying or replacing these with more realistic or helpful ones. This group focuses on changing an



individual's thoughts in order to help change his or her behaviour and emotional state. Many research studies have demonstrated that CBT is an effective therapy for eating disorders.

We will begin each session by reviewing key CBT topics. We will cycle through the following topic list:

1.	Connection between thoughts/feelings/behaviours
2.	Cognitive Distortions
3.	Automatic Thoughts/Hot Thoughts
4.	Feelings
5.	Cognitive Conceptualization
6.	Challenging and Changing Assumptions and Core Beliefs
7.	Body Image 1 – Shape Checking & Avoidance
8.	Body Image 2 – Making Comparisons
9.	Body Image 3 – Body Checking Hierarchy
10.	Effective Communication
11.	Perfectionism: Self-Assessment, Costs and Benefits
12.	Perfectionism: Strategies to Address Costs of Perfectionism

Group members will be taught how to identify and challenge unhelpful thoughts and will be asked to keep a detailed diary, called a Thought Record, recounting their thoughts, feelings, and actions in specific situations, as well as their efforts at challenging these thoughts. Thought Records help to increase awareness of unhelpful thoughts, to show their consequences on behavior, and to practice challenging these thoughts. Group members will review their Thought Records and efforts at challenging unhelpful thoughts in group each week. Group members are encouraged to complete three thought records per week and will hand in one thought record each week for feedback from staff.

**Dialectical Behaviour Therapy (DBT) Skills Group:** DBT is an action-oriented therapy that views eating disorders as a learned way of coping with difficult emotions. The assumption is that the person doesn't use more constructive means of coping because they have not learned them. In this group you will learn and practice adaptive skills to replace the maladaptive eating disorder behaviors to deal with difficult emotions. Through practice in tolerating difficult emotions these emotions will lose their power and become less scary resulting in you being less likely to use eating disorder symptoms to avoid these scary emotions. These skills will be taught in 4 modules: mindfulness skills, eating disorder behaviors, distress tolerance skills and emotion regulation skills.

Group members will learn and discuss a new skill in each group session, and then practice that skill at home. We ask that group members are open minded – even though it may appear that a skill may not work for you, please try it before deciding it's not for you. Group members are expected to complete homework each week, as this is the practice of using the skills. Remember: You are going to get as much out of the group as you put into the group.