

ADULT OUTPATIENT GROUP SCHEDULE

MONDAY **Cognitive Behavioral Therapy-Enhanced (CBT-E) Group: Monday 6:30pm-7:45pm**

Allows patients to learn specifically how their emotions, thoughts, and behaviors are interlinked, and how to interrupt eating disorder symptoms. Topics include over-evaluation of weight, shape, and size on self-esteem; eating disorder rules; tracking symptoms; challenging distorted ED thoughts, etc.

TUESDAY **Art Therapy Group: Tuesday 6:30pm-7:45pm**

A licensed Art Therapist leads the group by beginning with a prompt that encourages self-expression to challenge any perfectionistic thoughts or self-criticism, and instead embrace flexibility and tolerating hard emotions by experiencing them without judgment.

WEDNESDAY **Nutrition Group: Wednesday 6:30pm-7:45pm**

The Registered Dietitian leading this group provides education on different topics specific to eating disorders and meal plan compliance. Patients must have an individualized prescribed meal plan from a dietician specializing in ED's prior to joining the group. Topics include debunking dieting, macro and micro nutrients, meal support, planning, etc.

THURSDAY **Dialectical Behavior Therapy (DBT) Group: Thursday 6:30pm-7:45pm**

This group runs through 4 different DBT modules: Mindfulness, Emotional Regulation, Distress Tolerance and Interpersonal Effectiveness. Each week's module provides skills and homework to help implement the teachings into daily life.

SUNDAY **FREE ANAD Eating Disorder Support Group: Sunday 11:00am-12:00pm**

This is not a skills or process group; it is a peer-led support group that provides a space to build a community of individuals who understand the struggles related to managing eating disorder thoughts and symptoms in daily life.

Note: This group does not require pre-screening.

All Groups Are For Individuals 18+ and Require A Pre-Screening.

Cost is \$30 Out-Of-Pocket or Can Be Run Through Insurance

Call (719)578-5132 to speak with the Admissions Clinician to register for any of the groups, for a complimentary assessment, or for more information about any of the services we offer.

Groups are held at EDCare Colorado Springs
3460 Briargate Blvd, Colorado Springs, CO 80920