

## 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.

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**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.

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**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.

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**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.

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**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.

**All groups are currently being held virtually**