

OUTPATIENT GROUP SCHEDULE

MONDAY

Art Therapy Group: 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 tolerate hard emotions by experiencing them without judgment.

TUESDAY

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

Allows individuals 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.

WEDNESDAY

Acceptance and Commitment Therapy (ACT) Group: 6:30pm-7:45pm

Acceptance and Commitment Therapy blends cognitive behavioral therapy, mindfulness, and relational frame theory. In other words, ACT looks at how the human brain works in producing our thoughts. When we understand the basic functions and processes of our brain we can begin to understand our reactions. In this group, individuals work to increase awareness of their thoughts, develop more adaptive and creative responses to problems, and reconnect to their values.

Requirements:

- **Must provide proof you are currently seeing an outpatient therapist**
- **Must be at least 18 or older**
- **Must complete pre-screening**

Cost:

\$50.00 out-of-pocket per group

Covered by some insurance plans. Individuals are responsible for submitting billing slips to their insurance for reimbursement.

**To learn more about our services, register for a group, or to schedule a complimentary assessment, please contact our Admissions Team at
(402) 408-0294**

All groups are currently being held virtually.