

OVERCOMING DISORDERED EATING: Developing a Healthy Relationship to Food and Our Bodies



Do you use food to cope with life and emotions, only finding yourself loathing your body more today than yesterday? Does your mood depend on the number on the scale? If you have found yourself trapped in the cycle of emotional eating, restricting, binging/purging, or over-exercising and are ready to change patterns in your relationship with food, physical activity, and body perception, then the newest group at the Samaritan Health and Living Center in Elkhart may be for you. Join us as we learn to believe the truth about ourselves, no matter how beautiful it is.

Group therapy is the most powerful way to overcome unhealthy relationship patterns, whether with people...with yourself...or with food. Topics in this group will include:

- Identifying and understanding emotions (fat is not a feeling!)
- Confronting self-destructive thought processes
- Mindfulness and Intuitive Eating
- Identity
- Acceptance vs. Approval
- Expressive work

Start date to be determined

Time: Thursdays, Daytime Time Slot to be Determined

Place: Samaritan Health & Living Center, 311 W. High St., Elkhart, IN 46516

Cost: \$55 (or less, depending on financial need assessment and insurance coverage)

Duration: 12 weeks

Longer-term process group may be available upon completion of this group.

Age: College age & older

Gender: Males and Females

Facilitator: Alison Andrews, MA, LMFT. Call 574-262-3597 ext. 113 to schedule an orientation appointment.