

## Cincinnati Children's Hospital Medical Center and Lindner Center of HOPE Eating Disorders Group Therapy Options for Patients and Families

### Eating Disorders Support Group

Group leaders for this free support group take participants through National Association of Anorexia Nervosa and Associated Disorders presentations, which are interactive, comprehensive and customized to the audience.

**Intended For:** Anyone suffering with an eating disorder or body image issue or for parents and loved ones of individuals suffering.

**Location:** Lindner Center of HOPE

**Maximum Number of Participants:** No Maximum

**Dates/Times:** First Friday of Each Month, 7-8 p.m.

Contact: Tri-State Eating Disorder Resource Team, 812-584-1086

### Harold C. Schott Eating Disorder Program, Eating Disorder Family Support Group

The Harold C. Schott Eating Disorder program welcomes family members to participate in a weekly support group designed to support families of patients with Eating Disorders. The groups offer education, support, and feedback for families as well as a caring, safe environment to express concerns. All groups are facilitated by an experienced professional member of the Harold C. Schott Foundation Eating Disorders Program.

**Location:** Lindner Center of HOPE

**Maximum Number of Participants:** No Maximum

**Dates/Times:** Wednesdays/ 5:30 to 7 p.m.

Contact: Tracy Early, 513-536-0214

### Body Image Group

Participants are helped to better understand their own body image, and they will be challenged to change their thoughts and behaviors to improve their body image experience and to create a new, empowered inner voice.

**Intended For:** Those age 18 and above for whom body image is causing everyday struggles and impacting their overall mental health

**Location:** Lindner Center of HOPE

**Maximum Number of Participants:** 10 (Minimum of 6)

**Dates & Times:** Sessions are 10 weeks in duration; two sessions per year

Contact: Kelly Bernens, 513-536-4673

### Mindful Eating Group

Group participants who struggle with binge eating and mindless eating are taught how to increase awareness of their hunger, fullness, and eating triggers. They are taught skills and concepts to help them manage their environment and thought patterns to help them to eat in moderation.

**Intended For:** Those age 18 and above currently in outpatient treatment because they struggle with binge eating, mindless eating, and other mindless eating on most days of the week

**Location:** Lindner Center of HOPE

**Maximum Number of Participants:** 12

**Dates & Times:** Sessions are 10 weeks in duration; two sessions per year

Contact: Kelly Bernens, 513-536-4673

### Dialectical Behavioral Therapy (DBT) Skills Group for Adolescents With Eating Disorders

Participants will learn key coping skills to help them to increase their ability to tolerate distress, to regulate emotions, to increase their interpersonal effectiveness, and to increase their mindfulness to better benefit from treatment for anorexia nervosa.

**Intended For:** Females ages 13-17 who have diagnoses of anorexia nervosa or atypical anorexia nervosa and who are actively receiving therapy at Cincinnati Children's or the Lindner Center of HOPE

**Location:** Cincinnati Children's Hospital Medical Center, Main Campus **Maximum Number of Participants:** 10

**Dates/Times:** Sessions are 24 weeks in duration; Mondays, 4-5:30 p.m.

Contact: Anita Wilson, 513-636-9657 or Angela Kinstler, 513-803-0799

### Eating Disorders Recovery Group

Participants will learn ways to manage challenges that commonly arise during recovery from anorexia, including ongoing eating disorder triggers, social stressors, and family challenges.

**Intended For:** Females ages 16-21 who have diagnoses of anorexia nervosa or atypical anorexia nervosa, are actively receiving therapy at Cincinnati Children's or the Lindner Center of HOPE, are motivated to recover, and are at least 90 percent of their ideal body weight

**Location:** Cincinnati Children's Hospital Medical Center, Main Campus **Maximum Number of Participants:** 8 (Minimum of 5)

**Dates/Times:** Sessions are 8 weeks in duration; Mondays, 5-6:30 p.m.

Contact: Anita Wilson, 513-636-9657 or Angela Kinstler, 513-803-0799

## Eating Disorders Group Therapy Options for Parents & Loved Ones

### **Eating Disorders Support Group for Parents & Loved Ones of Individuals Suffering From Eating Disorders**

Participants are taught how to support loved ones with eating disorders as they travel through the recovery journey.

**Intended For:** Those age 15 and older who have a friend or loved one being treated for an eating disorder

**Location:** Lindner Center of HOPE

**Maximum Number of Participants:** 8

**Dates & Times:** First Friday of Each Month, 7-8 p.m.

Contact: Lara Koman, 859-496-1206

### **Parent Skills Training Group**

Participants will learn parenting skills that have been shown to help manage children's eating disorder symptoms.

**Intended for:** Parents or caregivers of children who have been diagnosed with eating disorders and who are actively receiving therapy for those eating disorders

**Location:** Cincinnati Children's Hospital Medical Center, Liberty Campus

**Maximum Number of Participants:** 20

**Dates & Times:** Second and fourth Tuesdays of every month, 4-5:30 PM

Contact: Anita Wilson, 513-636-9657 or Angela Kinstler, 513-803-0799