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
**Dates/Times:** Wednesdays/ 5:30 to 7 p.m.
**Contact:** Chelsey Zulia, 513-536-0214

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:** Via Zoom
**Maximum Number of Participants:** 12
**Dates & Times:** Sessions are 10 weeks in duration; two sessions per year
**Contact:** Kelly Bernens, 513-536-0634

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:** Run virtually
**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

Self-Compasssion Group
Learn to be less critical towards oneself in this 10-week group focusing on strategies and skills to increase self-compassion.

**Intended For:** Those age 18 and above engaged in outpatient treatment at least monthly, those who struggle with low self-worth, negative self-talk, and/or perfectionism, not imminently a threat to self or others. This group is open for patients with a variety of diagnoses.

**Location:** Via Zoom
**Maximum Number of Participants:** 12
**Dates & Times:** Mondays from 3:30-5 once a sufficient number of patients have committed
**Contact:** Kelly Bernens, 513-536-0634

Continued on back.
Groups are subject to change. Please call prior to confirm.

2/2021

513-536-HOPE (4673) I 888-536-HOPE (4673) I www.lindnercenterofhope.org
Dialectical Behavioral Therapy (DBT) Skills Group for Adults & Adolescents

Dialectical Behavioral Therapy (DBT) is geared toward individuals who experience difficulty regulating their emotions, tolerating distress, and having healthy interpersonal relationships. DBT has four skills modules: Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness to help address these areas of difficulty. It balances the need for the person to make changes along with respect for how painful life is for them. This group is open for patients with a variety of diagnoses.

**Location:** Via Zoom  
**Maximum Number of Participants:** 12  
**Dates/Times:**  
- Tuesdays – 4pm, Wednesdays – 3pm and 7pm, Thursdays – 3:30pm (Adult)  
- Tuesdays – 3:30pm (Adolescent)  
**Contact:** Kelly Bernens, 513-536-0634

Radically Open Dialectical Behavior Therapy (RO-DBT) for Adults

RO-DBT is an evidence-based treatment targeting disorders of excessive self-control, or overcontrol (OC). It is designed to focus on building flexible responding, authentic emotional expression, self-enquiry, and ability to manage unexpected or challenging feedback. The primary treatment targets in RO-DBT focus on improving social signaling, enhancing receptivity and openness, and increasing interpersonal connection. This group is open for patients with a variety of diagnoses.

**Location:** Via Zoom  
**Maximum Number of Participants:** 12  
**Dates & Times:**  
- Mondays – 3pm, Tuesdays – 4pm, Thursdays – 4pm  
**Contact:** Kelly Bernens, 513-536-0634

Groups are subject to change. Please call prior to confirm.