

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

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: 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-Compassion 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

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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