

# Outpatient Body Image Group

**Who:** Age 16 or above. Engaged in outpatient treatment at least monthly. Struggles with body image most days. Not imminently a threat to self or others. Clinician agrees to this referral and to maintain part of treatment throughout group.

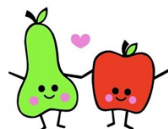
**What:** 10 week (includes commitment session) CBT group focusing on body image awareness, coping with triggers, and learning self and body acceptance. Will include media awareness and mirror work.

**When:** Thursdays 4-5:30pm. Group will begin once 6-8 group members have committed to the group.

**Where:** Zoom (may shift to in person in the Faith Center as COVID restrictions reduce)

**Cost:** Can accept most insurance

**How to join:** Discuss with your treatment provider. Contact Kelly Bernens (513-536-0634) to do initial screen and to work out insurance/cost. Kelly will schedule an initial session with the group leader, Heather Connor, LISW-S, to talk about the group, commitment to the group, and to provide initial assessment forms. You will then be contacted once group is ready to begin.



celebrate EVERY Body.