



WE'RE HERE TO HELP.

The Emily Program offers a wide array of groups and intensive programs for all ages and genders. You're sure to find one to meet your needs and interests.

Speak with your individual therapist to participate in a group or intensive program. Our group offerings do change frequently. Please check our website at emilyprogram.com for the most up-to-date offerings.

Please note that you must be a registered Emily Program client to participate.



The Emily Program

Real help for eating disorders

** We work closely with community providers. Clients can continue appointments with an individual therapist, dietitian and/or physician as needed either with their outside team or within our program.*

Duluth recovery means fully engaging in life, personal relationships and community. Everyone's path is different, which is why we offer a range of options for:

- Anorexia
- Bulimia
- Compulsive Overeating & Binge Eating Disorder
- Food & Body Image Issues
- Other Specified Feeding/Eating Disorders (OSFED)



The Emily Program

Real help for eating disorders

Founded in 1993, The Emily Program has become nationally recognized for our compassionate and personalized approach to eating disorder awareness, treatment, and lifetime recovery. We understand the tangled complexities of eating disorders, often from personal experiences. *We know there is hope.*

DULUTH

26 East Superior Street,
Suite 315

Duluth, Minnesota 55802

Phone: (218) 722-4180

(888) EMILY-77 | emilyprogram.com



MAKE PEACE WITH FOOD.



The Emily Program

Real help for eating disorders



2017

GROUP & PROGRAM OFFERINGS

DULUTH, MN

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emilyprogram.com

GROUPS THAT FIT YOU

Group Offerings

BODY IMAGE

This group is for clients of all diagnoses who want to improve the way they think and feel about their bodies. Using interactive materials, participants will create a space to discuss their body image concerns and identify effective strategies for improving body image.

When: Thursdays, 3:00-5:00pm

Led by: Casey Wyman

DIALECTICAL BEHAVIOR THERAPY (DBT)

Dialectical Behavior Therapy (DBT) treats pervasive emotion dysregulation using a combination of core treatment strategies including: change, acceptance, and dialectical strategies. DBT teaches skillful behavior to replace problem behavior. It increases mindfulness skills, interpersonal skills, emotion regulation skills, and distress tolerance skills. This group is a 6-month commitment.

You do not need to have an eating disorder to attend this group.

When: Wednesdays, 1:00-3:00pm

Led by: Missy Nervick-Thornton

MINDFULNESS-BASED THERAPY (MBT)

The group focuses on improving clients' emotional regulation skills through the use of mindfulness practices, with the goals of 1) developing clients' awareness of the relationship between food choices, eating behavior and mood 2) helping clients cope with difficult emotions without using ED symptoms, and 3) cultivating self-acceptance.

When: Tuesdays, 10:00am-12:00pm

Led by: Blaire Hysjulien

Other Services

ADULT AND ADOLESCENT INTAKES

PSYCHOLOGICAL TESTING

INDIVIDUAL THERAPY

NUTRITIONAL EVALUATION AND

COUNSELING

FAMILY AND COUPLES THERAPY

Intensive Programs

ADULT INTENSIVE OUTPATIENT PROGRAM (IOP)

Our IOP program is designed to help clients who need more support than outpatient alone can offer. IOP includes group therapy, nutrition counseling and education, supported group meals, and experiential therapies.

When: Mon, Tues, Wed, Thurs, 4:00-7:00pm

Led by: Casey Wyman, Natalie Walsh, Blaire Hysjulien, Liz Flink

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