

2017

# GROUP CATALOG

ADULT & ADOLESCENT OUTPATIENT OFFERINGS



## The Emily Program

Real help for eating disorders

An Affiliate of the University of Minnesota Medical School



# OUTPATIENT GROUPS AT THE EMILY PROGRAM

At The Emily Program we believe that group therapy can be an incredibly important part of an individual's recovery from an eating disorder, because groups provide a safe, judgment-free environment to process thoughts, emotions, and behaviors with other people in similar situations.

Dr. Dirk Miller, our Executive Chairman and Founder, often says: "Our eating disorders are very confusing to us, but they are not so confusing to others." That kind of crucial perspective is very valuable in recovery, and is why we offer so many therapeutic and skill-building groups.

The Emily Program facilitates a wide array of groups, and we're sure to have one that meets your needs and interests.



## WANT TO JOIN A GROUP?

Please speak with your individual therapist about any group opportunities that you are interested in. Your provider can help guide and inform you about which groups would be a good fit for where you are on your path to recovery. Your provider is also your contact to enroll in any of our outpatient groups.



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# ST. PAUL GROUPS AT A GLANCE

## MONDAYS

- 9:00-10:00 AM DBT Skills Only: Mary Robertson
- 12:00-1:00 PM Therapeutic Meal: Rachel Slater, Anne Savat
- 4:30-6:00 PM COE Aftercare: Rachel Slater
- 5:00-6:00 PM Social Anxiety: Diane Rubright
- 6:00-8:30 PM 2nd Mon: Free Understanding Eating Disorders, Treatment & Recovery
- 6:30-8:00 PM Creative Process: Maggie Meyers, Krista Wanous

## TUESDAYS

- 1:30-3:00 PM DBT Skills Only: Mary Robertson, Angie Scott
- 2:00-3:30 PM Creative Journey Through Grief: Lauren Silberstein
- 4:30-6:15 PM IOP Transitional Group: Holly Paradis
- 5:00-6:00 PM Pre/Post Bariatric: Rachel Ryan
- 5:00-6:30 PM DBT Skills Only: Mary Robertson, Maureen Rivord
- 5:15-6:45 PM COE Recovery: Diane Rubright

## WEDNESDAYS

- 12:00-1:00 PM Therapeutic Meal: Rachel Slater, Anne Savat
- 2:00-3:30 PM DBT Skills Only: Mary Robertson, Aimee Arikian
- 4:00-5:30 PM Body Image Y: Jessica Jacovitch
- 6:00-7:00 PM Free Family & Friends of Adults Support

## THURSDAYS

- 2:00-3:30 PM Radically Open DBT: Laura Cusumano, Mary Robertson
- 5:00-6:30 PM Body Image Y for COE/BED: Rachel Slater, Tara Sherman
- Improving Body Image: Nicole Uchal, Mary Robertson
- 5:30-7:00 PM A/B Recovery: Kathy Brush
- LGBTQQI Sensitive Eating Disorder Recovery: Lauren Silberstein

## FRIDAYS

- 9:30-11:00 AM Body Image Y: Tracy Williams, Lucinda Pepper
- 11:30 AM-1:00 PM EDSUD: Jeff Glover

To participate, please speak with your individual therapist.



# ST. LOUIS PARK GROUPS AT A GLANCE

## MONDAYS

- 12:00-1:30 PM COE Recovery: Jennie Laskow
- 5:30-7:00 PM Daring Way: Tori Frye (Certified Daring Way Facilitator)
- 6:30- 8:00 PM COE Recovery: Geri Scherer
- 7:00-8:00 PM Christian: Laura Evensen

## TUESDAYS

- 8:00-9:00 AM Exploring Health, Wellness, & Weight Loss: Kristy Hommerding, Amy Patefield
- 11:00 AM-12:30 PM COE Recovery: Dirk Miller
- 5:30-7:00 PM Rising Strong™: Tori Frye, Cody Granda

## WEDNESDAYS

- 9:00-10:30 AM Rising Strong™: Tori Frye
- 9:30-11:00 AM Art Therapy: Geri Scherer
- 1:00-2:00 PM CBT: Erin Seiner
- 1:30-3:00 PM Body Image Y Plus: Tori Frye, Cindy Sherman
- 4:30-5:30 PM CBT: Erin Seiner
- 4:30- 5:30 PM DBT: Laura Stichter
- 4:30-6:00 PM Body Image Y: Colette Kuhn, Tara Sherman
- 5:30-7:00 PM COE Recovery: Laura Stichter

## THURSDAYS

- 2:00-4:30 PM DBT Skills Plus: Laura Stichter, Tori Frye
- 3:00-4:00 PM Assertiveness: Cody Granda
- 4:30-5:30 PM EDSUD: Jeff Glover
- 6:30-7:30 PM Body Image Psychoeducation: Kristy Hommerding
- Self Esteem: Becca Sawyer-Smith

## FRIDAYS

- 11:00 AM-12:00 PM Body Image Psychoeducation: Cody Granda
- Self-Esteem: Kristy Hommerding

## SATURDAYS

- 8:30 AM-12:00 PM 2nd Sat: Free Client Run, Crafting
- 9:00-10:30 AM Body Image Y: Laura Evensen, Dianne Neumark Sztainer
- 10:30 AM-12:00 PM Body Image Y: Laura Evensen, Dianne Neumark Sztainer

To participate, please speak with your individual therapist.



## WOODBURY GROUPS AT A GLANCE

### MONDAYS

4:00-5:00 PM

DBT Skills: Jennifer Nelson,  
Justina Lein

### WEDNESDAYS

5:00-6:30 PM

Body Image Y: Jayme Baden,  
Halen Bower

## TOOGOOD GROUPS AT A GLANCE

### MONDAYS

5:00-6:30 PM

1st Monday of Every Month:  
Free Family & Friends of  
Adolescents Support

### TUESDAYS

4:00-5:00 PM

Young Adult/College Age  
Recovery: Janelle Zimmerman



# GROUP DESCRIPTIONS

## ANOREXIA & BULIMIA (A/B) RECOVERY

This group will address struggles with anorexia and bulimia symptoms in a safe, non-judgmental setting. Discussion will include facing common challenges and exploring ways to cope. Together we will build the skills that aim to repair relationships, decrease isolation, and help clients re-engage in life.

## ART THERAPY

This is an experiential group focused on topics related to recovery from an eating disorder. Clients will create art in a non-judgmental environment while exploring underlying issues surrounding their eating disorders and experience being present and safe in their bodies. We will address relationships, body image, self-care, identity, and expression of feelings. No previous art experience required.

## ASSERTIVENESS

This is a 12-week group where clients will learn to recognize assertive behaviors, think and behave more assertively, deal with criticism, and give and receive compliments.

## BODY IMAGE PSYCHOEDUCATION

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.

## BODY IMAGE Y

This group uses yoga and mindfulness to explore movement and the relationship between mind, body, and emotions. No prior yoga or mindfulness experience is necessary. The group is accessible to all bodies including people with physical limitations.

## BODY IMAGE Y FOR COE/BED

This group uses mindfulness to explore movement and the relationship between mind, body, and emotions. No prior yoga or mindfulness experience is necessary. The group is accessible to all bodies including people with physical limitations.

## BODY IMAGE Y PLUS

This group is for clients who are in the mid to later stages of their recovery journey, who have been actively working on body image, and/or who have been in BI for a significant amount of time and are ready for "the next level." The group will utilize a combination of yoga postures (asana) and verbal processing in order to emphasize how one's body feels, to explore the relationship to one's body, and to understand personal and societal messages sent/received about one's body. Previous participation in BI Y is recommended, but not required.

## CHANGING YOUR RELATIONSHIP WITH FOOD

This group is designed to provide nutrition education and support to people without a primary dietitian. The group will run on a 15-week rotation and focus on the foundations of nutrition and meal planning, setting nutritional goals, identifying barriers to meeting set goals, and problem solving difficult situations. Clients will be expected to attend this group on a weekly basis and participate in activities such as meal planning, keeping food logs, and discussing this information in a group setting.

## CHRISTIAN

This group provides a safe place for clients who identify as Christian to incorporate their faith into their recovery process. It focuses on principles of grace, forgiveness, and God's love to better accept themselves and to fight the messages of the eating disorder. Readings, devotions, inspirational song, and prayer requests may be incorporated each week.

## COGNITIVE BEHAVIORAL THERAPY (CBT)

CBT is a cutting-edge treatment that focuses on how over-evaluating your weight and shape can lead to eating disorder symptoms. This group provides tools and techniques to help clients understand how their specific eating disorder symptoms function as well as how they can intervene and change their behaviors. Clients can expect to make progress in normalizing eating patterns, decreasing symptom use, and developing effective strategies for regulating mood changes.

## COMPULSIVE OVEREATING (COE) RECOVERY

This group supports clients who are working toward a healthy relationship with food. We'll provide tools and support through process therapy and create a safe place to address eating, activity, and general emotional growth.

## COMPULSIVE OVEREATING (COE) AFTERCARE

This group is for clients stepping out of COE IOPs (Intensive Programs). Clients will gain support from peers and process present emotions and events in life. Group members share similar experiences from participation in a COE IOP.

## CREATIVE JOURNEY THROUGH GRIEF

Clients will explore their grief by processing what was lost, what is left, and what is possible. The group process will use both traditional group therapy as well as an art therapy component. We suggest that clients who are interested in this group be at least six months from the loss and also have an individual therapist with whom they can process feelings that come up in the group.

*To participate, please speak with your individual therapist.*



## GROUP DESCRIPTIONS *cont...*

### CREATIVE PROCESS

This is an experiential group focused on topics related to recovery from an eating disorder. Clients will create art journals from new or used books in a non-judgmental environment while exploring underlying issues surrounding their eating disorders and experience being present and safe in their bodies. We will address imperfection, the freedom to play, finding joy in the mess, belief patterns, and self-judgment while developing our individual creative language and voice.

### DARING WAY™

This Daring Way™ 12-week curriculum-based group uses the research of Brené Brown, Ph.D., L.M.S.W., a research professor at the University of Houston Graduate College of Social Work who has spent the past 12 years studying vulnerability, courage, worthiness, and shame. This group explores these topics and the obstacles they present to being able to Show Up, Be Seen, Live Brave™ in our lives. Participation in the group includes group and individual activities, handouts, and encouraged readings from Brown's books, *The Gifts of Imperfection* and *Daring Greatly*.

### EATING DISORDER AND SUBSTANCE USE DISORDER (EDSUD)

This is a safe forum for clients to discuss their struggles with an eating disorder partnered with substance use. Clients receive support from others who have experienced/are experiencing the same struggles.

### EXPLORING HEALTH, WELLNESS, AND WEIGHT LOSS

This group is for clients whose symptom use is under control and are interested in exploring the topics of health and weight. Some clients have a goal to pursue weight loss and are seeking support around this goal while others have goals around improving health or addressing health concerns without specifically wanting to pursue weight loss.

### IMPROVING BODY IMAGE

This group uses The Body Image Workbook created by Thomas F. Cash, Ph.D. a research professor at Old Dominion University who specializes in the study and treatment of body image problems. This group explores topics that include: identifying the origins of body image stories, awareness of body self-talk, and taking steps toward creating a better body image. Participation in the group includes group and individual activities, handouts, homework assignments, and recommended readings related to body image issues.

### IOP TRANSITIONAL GROUP

This IOP transitional group is open to all clients discharging from IOP. This group will be process orientated to support clients with their transition into outpatient care. This group will also include a BYO meal.

### LGBTQ+ SENSITIVE EATING DISORDER RECOVERY

This group provides a safe, nonjudgmental place for adults who have eating disorders and who also identify along a sexual or sexual-identity spectrum to process and receive support for issues related to their eating disorder and sexuality/sexual identity. In this group, clients will receive help to develop skills and tools to address their eating disorder symptoms, explore how their eating disorder impacts their relationships and daily life, and increase body awareness and connectedness.

### PRE/POST BARIATRIC

This group provides connection with other people planning to have or that have had bariatric surgery. We provide a safe forum to ask questions and receive feedback about what you can expect before and after surgery. Weekly support is provided to address the emotional needs of everyday life and to practice skills such as conflict resolution, distress tolerance, assertiveness, and self-awareness.

### RISING STRONG™

This group is based on the research of Brené Brown. Throughout this curriculum-based, 12-week group we explore of the topics of vulnerability, courage, shame, perfectionism, and worthiness. Group members will participate in didactic and experiential activities that can assist them in moving toward more authentic and wholehearted living particularly surrounding their relationship with their emotions.

### SELF-ESTEEM

This group is for clients who struggle with negative thoughts and feelings about themselves. Group members can expect to work on identifying what contributes to their self-esteem, why they struggle with low self-esteem, and how they can improve the way they think and feel about themselves. Topics addressed in group will include boundaries, gratitude, professional/academic satisfaction, assertiveness, and more. Clients will examine the relationship between their eating disorder and low self-esteem and how both can improve in the recovery process.

### SOCIAL ANXIETY

This group is aimed at adult clients who struggle with more pervasive social anxiety which may preclude some of them from being able to participate in our eating disorder groups. Clients will have practice skills in a supported group environment slowly over 12 weeks. Clients will receive readings and have brief homework as part of the group.



## GROUP DESCRIPTIONS *cont...*

### THERAPEUTIC MEAL

This is an opportunity for outpatient clients, especially those stepping down from intensive programming, to take part in an experiential meal twice a week. Clients are encouraged to be intentional in exploring and challenging their ED thoughts and behaviors with brown bag meals. Group is open to all diagnoses and clients may attend once OR twice per week. Group consists only of the meal and will not have additional process or check-in time, so we require that clients are meeting consistently with an individual therapist.

## Adolescent & Young Adult Options

### EATING DISORDER (ED) RECOVERY, YOUNG ADULT, COLLEGE AGE

This process group will offer support for those who are working toward a healthy relationship with food. Clients will be given a safe place to address eating, activity, and emotional growth as they work toward a healthy relationship with food.

*To participate, please speak with your individual therapist.*



## DBT TREATMENT OPTIONS

	<i>Program Information</i>
<p><i>DBT Skills Training Only for All Diagnoses</i></p> <p>Meets once weekly</p>	<ul style="list-style-type: none"> <li>Serves clients with diagnosis of Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder</li> <li>Follows Marsha Linehan's manual, Skills Training Manual for Treating Borderline Personality Disorder</li> <li>Includes one 2-hour skills training group</li> <li>Emphasis: Learn and use life skills to increase mindfulness, tolerate stress, successfully manage emotions, improve interpersonal relationships and reduce eating disorder symptoms</li> <li>Requires a 6-month commitment with the option of completing a second 6-month round of treatment</li> <li>Client progress will be evaluated by self-report</li> </ul>
<p><i>DBT Skills Training Plus (Adherent DBT to model)</i></p> <p>Meets twice weekly (one group and one individual DBT session)</p>	<ul style="list-style-type: none"> <li>Serves all diagnoses</li> <li>Follows Marsha Linehan's Second Edition Manual, Skills Training Manual for Treating Borderline Personality Disorder and DBT Skills Training Handouts and Worksheets (2015)</li> <li>Includes one skills training group, one individual therapy contact and after hours telephone coaching</li> <li>Emphasis: Learn and use life skills to increase mindfulness, tolerate stress, successfully manage emotions, improve interpersonal relationships and reduce eating disorder symptoms</li> <li>Adherent model following Linehan's original work</li> <li>Preferred 6-month commitment with the option of completing a second 6-month round of treatment</li> </ul>
<p><i>DBT IOP Intensive Outpatient Skills Training Program</i></p>	<ul style="list-style-type: none"> <li>Serves all diagnoses</li> <li>Follows Marsha Linehan's manual, Skills Training Manual for Treating Borderline Personality Disorder and DBT Skills Training Handouts and Worksheets (2015)</li> <li>Includes skills training group; mindfulness group, emotional regulation, interpersonal effectiveness, distress tolerance</li> <li>One individual therapy contact and after hours telephone coaching. One snack experience weekly.</li> <li>Emphasis: Learn and use life skills to increase mindfulness, tolerate stress, successfully manage emotions, improve interpersonal relationships and reduce eating disorder symptoms</li> <li>Preferred 6-month commitment with the option of completing a second</li> </ul>
<p><i>DBT for Binge Eating Disorder</i></p> <p>Meets once weekly</p>	<ul style="list-style-type: none"> <li>Serves clients with diagnosis of Binge Eating Disorder</li> <li>Follows Safer, Telch, &amp; Chen's treatment manual that utilizes a research-based approach to adapting DBT skills specifically to this population</li> <li>Includes one 2-hour skills training group</li> <li>Emphasis: Learn and use life skills to increase mindfulness, successfully manage emotions and reduce eating disorder symptoms</li> <li>Requires a 6-month commitment with the option of completing a second round of treatment</li> <li>Client progress will be evaluated by self-report</li> </ul>

## TREATMENT OPTIONS FOR HIGHER LEVELS OF CARE

	Children and Adolescents	Adults
<p><b>Intensive Outpatient Programs (IOP)</b></p> <p>For individuals in need of a higher level of care that includes more structure and support.</p>	<ul style="list-style-type: none"> <li>• Frequency: 3-4 days/week; 2-4 hours/day</li> <li>• Focused therapeutic group intervention for adolescents and families</li> <li>• Therapeutic meals</li> <li>• Weekly family participation enhances development of recovery and relapse prevention skills</li> <li>• Available at: ● ●</li> </ul>	<ul style="list-style-type: none"> <li>• Frequency: 3-4 days/week; 3 hours/day</li> <li>• Group-based intervention provides enhanced therapeutic support and symptom interruption</li> <li>• Therapeutic meals</li> <li>• Emphasis on recovery and relapse prevention skills</li> <li>• Available at: ● ● ●</li> </ul>
<p><b>Intensive Day Programs (IDP)</b></p> <p>For individuals stepping out of residential care or in need of more structure/support than IOP provides.</p>	<ul style="list-style-type: none"> <li>• Frequency: 5-6 days/week; 6-8 hours/day</li> <li>• Structured therapeutic meals and group therapy</li> <li>• Regular family participation enhances development of coping and recovery skills</li> <li>• Psychiatric assessment, medication management, and medical monitoring</li> <li>• Integrated school services coordinated with client's home school</li> <li>• Available at: ● ●</li> </ul>	<ul style="list-style-type: none"> <li>• Frequency: 5-7 days/week; 6-11 hours/day</li> <li>• Structured therapeutic meals, experiential challenges and cooking experiences</li> <li>• Group therapy for development of emotion regulation and relapse prevention skills</li> <li>• Psychiatric assessment, medication management, and medical monitoring</li> <li>• Available at: ● ● ●</li> </ul>
<p><b>Partial Plus Lodging</b></p> <ul style="list-style-type: none"> <li>• Hillside (St. Paul)</li> <li>• Park Lodging (St. Paul)</li> <li>• West End (St. Louis Park)</li> </ul> <p>For adult women ages 18+ who live a distance from our treatment locations.</p>	<ul style="list-style-type: none"> <li>• Not available for children and adolescents</li> </ul>	<ul style="list-style-type: none"> <li>• Attend intensive programming at nearby Emily Program facilities</li> <li>• Comfortable homelike setting near our offices</li> <li>• Near public transportation, restaurants and shopping</li> <li>• Quiet, semi-private rooms</li> <li>• Available at: ● ●</li> </ul>
<p><b>Residential Programs</b></p> <ul style="list-style-type: none"> <li>• Anna Westin House- Adolescent and Young Adult (AWHA) &amp;</li> <li>• Anna Westin House (AWH)</li> </ul> <p>For individuals who need 24/7 supervision and care.</p>	<ul style="list-style-type: none"> <li>• Frequency: 24-hours per day/7-days per week</li> <li>• Licensed 10-bed facility for adolescent and young adult males and females</li> <li>• 24/7 monitoring and support</li> <li>• Structured schedule of nutritional rehabilitation and therapeutic interventions</li> <li>• Regular family participation in therapeutic meals, groups, and FBT</li> <li>• Integrated school services coordinated with client's home school</li> </ul>	<ul style="list-style-type: none"> <li>• Frequency: 24-hours per day/7-days per week</li> <li>• Licensed 16-bed facility for males and females, 18+</li> <li>• May serve as an alternative to hospitalization</li> <li>• 24/7 monitoring and support</li> <li>• Structured schedule based on individual medical, psychological, and nutritional needs</li> <li>• Family involvement is strongly encouraged</li> <li>• Monthly Family Week strengthens recovery promoting support skills</li> </ul>

Optimal length of stay at AWH and AWHAYA includes achieving adequate symptom management, nutritional rehabilitation, and recovery of weight and health parameters. Most residents transition to IDP when leaving residential treatment to support the continued development of relapse prevention and recovery promoting skills and experiences.

Color Legend: ● 2265 Como, St. Paul, MN ● St. Louis Park, MN  
 ● 2230 Como, St. Paul, MN ● Woodbury, MN

*To participate, please speak with your individual therapist.*

## ONGOING FREE GROUPS

-NO REGISTRATION REQUIRED, DROP-INS WELCOME

### CLIENT-RUN CRAFT GROUP

A social group for both current and former clients to gather on a regular basis to share arts, crafts, and creativity together. This group provides a way to connect with others in a safe, comfortable environment, while exploring creative expression. Group members are able to attend either all or part of the time. Please bring your own supplies. No experience necessary. No participation necessary if you prefer to observe.  
St. Louis Park (2nd Saturday each month), 8:30 AM-12:00 PM

### FAMILY & FRIENDS SUPPORT

Open to the public. These evening groups meet in St. Paul, MN. They offer support to the friends, family, and loved ones of individuals struggling with an eating disorder. These groups are intended for support people only, as the groups are a space to learn more about eating disorders and how to effectively support their loved ones and themselves throughout the course of treatment.

Friends and Family of Adolescents: 2230 Como Avenue

First Monday of every month, 5:00-6:30 PM

Friend and Family of Adults: 2265 Como Avenue

Every Wednesday, 6:00-7:00 PM

### RECOVERY NIGHT

Clients and their friends and family are invited to hear speakers share stories of hope and success on their road to recovery from eating disorders. Speakers include former clients, support people, and community members.

Please visit [emilyprogram.com/for-you/recovery-nights](http://emilyprogram.com/for-you/recovery-nights) for upcoming dates and locations

### UNDERSTANDING EATING DISORDERS, TREATMENT, AND RECOVERY

This monthly session is free and open to friends, family, and support people who want to gain a basic understanding of eating disorders, treatment, and recovery. Before you can help your loved one you'll need to build a foundation of knowledge about eating disorders, the impact they have on families, and the language you'll need to effectively communicate throughout the recovery process. Our knowledgeable staff provides answers to common questions and concerns of families and friends "new" to eating disorders, and you'll leave with valuable resources.

St. Paul (2nd Monday each month), 6:00-7:30 PM

## THE EMILY PROGRAM'S GROUP POLICIES

**Cancellation:** Please call ahead (651-645-5323) to cancel if you are not coming to group. We require a 24-hour cancellation notice if you will miss group. Lack of proper notification will result in an out-of-pocket fee based on your level of care.

**Group Ending:** If the number of people registered for and attending the group gets too low, the group will be put on hold or will end early. For example, if only two people show up for a group on a given day, the group will unfortunately have to be cancelled for that day.

**Attendance:** Regular attendance at group will provide you the best experience and most benefit toward your recovery. In general, people who attend at least 80% of group sessions tend to have the best outcomes. Your regular attendance will also benefit other group members! If daily attendance drops below census requirements group will be cancelled for the day.



## The Emily Program

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.*

**St. Paul, Como**  
2265 Como Ave.  
St. Paul, MN 55108

**St. Paul, Toogood**  
2230 Como Ave.  
St. Paul, MN 55108

**St. Louis Park**  
5354 Parkdale Dr.  
2nd Floor  
St. Louis Park, MN 55416

**Woodbury**  
576 Bielenberg Dr.  
Suite 250  
Woodbury, MN 55125

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(888) EMILY-77 | [emilyprogram.com](http://emilyprogram.com)



MAKE PEACE WITH FOOD.