

2018

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

- 12:00-1:00 PM Therapeutic Meal: Sandy Yang-James, Anne Savat
- 4:30-6:15 PM IOP Transitional Group: Amber Meagher
- 5:00-6:00 PM Social Anxiety: Diane Rubright, Bao Lee
- 5:30-7:00 PM LGBTQQI Sensitive Eating Disorder Recovery: Lauren Silberstein
- 6:00-8:30 PM 2nd Mon: Free Understanding Eating Disorders, Treatment & Recovery

TUESDAYS

- 4:30-6:00 PM COE Aftercare: Rachel Slater
- 5:00-6:00 PM Pre/Post Bariatric: Lauren Silberstein
- 5:00-6:30 PM DBT Skills Only: Mary Robertson
- 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: Tracy Williams, Sarah Zuber
- 6:00-7:00 PM Free Family & Friends of Adults Support

THURSDAYS

- 2:00-3:30 PM Radically Open DBT: Aimee Arikian, Mary Robertson
- 5:00-6:30 PM Body Image Y for COE/BED: Rachel Slater, Sarah Zuber

- Improving Body Image: Nicole Uchal, Mary Robertson

FRIDAYS

- 9:30-11:00 AM Body Image Y: Tracy Williams, Sarah Zuber

To participate, please speak with your individual therapist.



ST. LOUIS PARK GROUPS AT A GLANCE

MONDAYS

- 11:00 AM-12:30 PM Daring Way: Tori Frye (Certified Daring Way Facilitator)
- 2:00-3:00 PM A/B Recovery: Laura Evensen
- 5:30-7:30 PM Rising Strong™: Tori Frye, Laura Evensen
- 6:30- 8:00 PM COE Recovery: Geri Scherer

TUESDAYS

- 8:00-9:00 AM Exploring Health, Wellness, & Weight Loss: Kristy Hommerding, Amy Patefield
- 9:00-10:30 AM Daring Way: Tori Frye (Certified Daring Way Facilitator)
- 11:00 AM-12:00 PM COE Recovery: Colette Kuhn, Dirk Miller
- 5:30-7:00 PM Rising Strong™/Daring Way: Tori Frye

WEDNESDAYS

- 9:00-10:30 AM Rising Strong™: Laura Evensen
- 10:00-11:30 AM Art Therapy: Geri Scherer, Tuong Nguyen
- 1:30-3:00 PM Body Image Y Plus: Tori Frye, Tara Sherman
- 2:00-3:00 PM CBT: Erin Seiner
- 4:00-5:00 PM Adolescent: Becca Sawyer-Smith
- 4:30- 5:30 PM DBT: Laura Stichter

WEDNESDAYS CONT.

- 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
- 5:30-6:30 PM Body Image: Becca Sawyer-Smith

FRIDAYS

- 11:00 AM-12:00 PM Body Image Psychoeducation: Becca Sawyer-Smith

SATURDAYS

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

To participate, please speak with your individual therapist.



TOOGOOD GROUPS AT A GLANCE

MONDAYS

5:00-6:30 PM

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

TUESDAYS

4:00-5:30 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.

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.

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.

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*.

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.

To participate, please speak with your individual therapist.



GROUP DESCRIPTIONS *cont...*

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.

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.

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.

ADOLESCENT

This group will address struggles with Anorexia, Bulimia and OSFED in a safe, non-judgmental setting. This group will consist of both processing time and skill building. Together we will build skills that aim to repair relationships, decrease isolation, work towards developing a healthy relationship with food, and help clients re-engage in life.

To participate, please speak with your individual therapist.



DBT TREATMENT OPTIONS

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

TREATMENT OPTIONS FOR HIGHER LEVELS OF CARE

Intensive

Intensive Outpatient Programs (IOP)

For individuals in need of a higher level of care that includes more structure and support.

Children and Adolescents

- Frequency: 4 days/week; 3 hours/day
- Focused therapeutic group intervention for adolescents and families
- Therapeutic meals
- Weekly family participation enhances development of recovery and relapse prevention skills

Adults

- Frequency: 4-5 days/week; 3 hours/day
- Group-based intervention provides enhanced therapeutic support and symptom interruption
- Therapeutic meals
- Emphasis on recovery and relapse prevention skills
- Eating disorder/substance use disorder integrated treatment available at some locations

Intensive Day Programs (IDP)

For individuals stepping out of residential care or in need of more structure/support than IOP provides.

- Frequency: 5 days/week; 6 hours/day, plus school hours
- Structured therapeutic meals and group therapy
- Regular family participation enhances development of coping and recovery skills
- Psychiatric assessment, medication management, and medical monitoring
- Integrated school services coordinated with client's home school

- Frequency: 5 days/week; 7 hours/day
- Structured therapeutic meals, behavioral exposure groups, and experiential challenges
- Group therapy for development of emotion regulation, behavior change, and relapse prevention skills
- Psychiatric assessment, medication management, and medical monitoring
- Lodging accommodations available for St. Paul and St. Louis Park programs

Residential

Residential Programs

For individuals who need 24/7 supervision and care.

- Anna Westin House- Adolescent and Young Adult (AWHAYA)
- Anna Westin House (AWH)

Children and Adolescents

- Frequency: 24 hours per day/7 days per week
- Licensed 10-bed facility for adolescent and young adult males and females
- 24/7 nursing, monitoring, and support
- Structured schedule of nutritional rehabilitation and therapeutic interventions
- Regular family participation in therapeutic meals, groups, and FBT
- Integrated school services coordinated with client's home school

Adults

- Frequency: 24 hours per day/7 days per week
- Licensed 16-bed facility for males and females, 18+
- May serve as an alternative to hospitalization
- 24/7 nursing, monitoring, and support
- Intensive group and individual intervention addressing medical, psychological, and nutritional needs
- Family involvement is strongly encouraged

Optimal length of stay at each level of care includes achieving adequate symptom management, nutritional rehabilitation, and recovery of weight and health parameters.

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.

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 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.
Please visit emilyprogram.com/for-families/support for upcoming dates and locations

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.*

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MAKE PEACE WITH FOOD.