

2024  
TWIN CITIES

# GROUP CATALOG

ADULT & ADOLESCENT OUTPATIENT OFFERINGS



**The Emily Program**  
The eating disorder specialists

An Affiliate of the University of Minnesota Medical School



# The Emily Program

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## 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.



## ST. PAUL GROUPS

### MONDAYS

- 1:00-2:30 PM Grief Loss: Christina Frye
- 4:30-6:00 PM IOP Transitional Group: Scott Wisgerhof, Emily Little
- 5:15-6:15 PM Radically Open DBT: Aimee Arikian
- 5:30-7:00 PM Trans/Non-Binary Sensitive Eating Disorder Recovery: Lauren Silberstein

### TUESDAYS

- 1:00-2:00 PM COE Process: Lauren Silberstein
- 4:30-6:00 PM Pre/Post Bariatric: Lauren Silberstein

### WEDNESDAYS

- 12:00-1:00 PM Experiential Meal: Scott Wisgerhof, Anne Savat
- 5:00-6:30 PM Grief Loss: Christina Frye

### THURSDAYS

- 12:00 - 1:00 PM CARE IOP Transitional Group: Kate McTavish, Natalie Greytak
- 4:45-6:15 PM Body Image Y: Sarah Zuber, Aimee Arikian
- 5:00-6:00 PM Body Image: Nicole Uchal

## ST. LOUIS PARK GROUPS

### MONDAYS

- 12:30-2:00 PM Body-Affirming Yoga: Jesse Valentin & Stephanie Mauceri
- 5:30-7:00 PM Daring Way: Tori Frye

### TUESDAYS

- 4:00-5:00 PM Adolescent Recovery: Rachel Kozberg, Cam Green
- 5:00-6:00 PM Outpatient Process Group: Lauren Moody
- 5:30-7:00 PM Rising Strong™/Daring Way: Tori Frye

### WEDNESDAYS

- 2:30 -4:00 PM Embodied Art: Sammi Hickey, Steph Mauceri
- 4:30-6:00 PM Intuitive Eating: Tori Frye, Amy Patefield
- Your Inner GPS: Befriending Your Nervous System to Becoming Safely Embodied: Tori Frye



## GROUP DESCRIPTIONS

### ADOLESCENT RECOVERY

This group is for adolescents who would like to have extra support from peers/staff, and would like to utilize this as an open process time for thoughts/feelings, revisit skills, and an additional resource for recovery.

### BODY AFFIRMING YOGA

This 12 week 90-minute group invites the client to experience yoga-based-movement and trauma-informed-yoga from discovering and establishing 'what feels good'. In this way, a relationship to joyful movement can be cultivated and integrated into daily practices of recovery wellness.

### BODY IMAGE

This group is a 12-week closed group for clients to learn more about body image. Clients will learn and have discussions around common body image distortions, skills to combat negative body image and talk back to the eating disorder, as well as space to find body acceptance.

### BODY IMAGE YOGA

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.

### CARE IOP TRANSITIONAL GROUP

This IOP transitional group is open to clients discharging from CARE IOP. This group will be discussion orientated to support clients with their transition into outpatient care. Discussions may include the following: eating disorder education, Health At Every Size (HAES) approach to nutrition, movement, etc., journaling/art. While this group is not specifically meal-focused, clients are invited to eat lunch while attending.

### 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.

### EXPERIENTIAL MEAL

This is an opportunity for outpatient clients, especially those stepping down from intensive programming, to take part in an experiential meal. 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. 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.

### EMBODIED ART

This group follows a 'Work-IN' philosophy of Yoga. This unique approach blends wisdom from Yoga, trauma-informed Somatic Movement, Art Therapy, and an understanding of the challenges that are faced by clients with eating disorders. Most of all, the invitation is to have fun and to enjoy mindful, creative movement in conjunction with creating visual art.

### GRIEF LOSS

This 8-week closed group provides a safe space for clients grieving the loss of their eating disorder and/or loved one. Each session of this program will cover a pre-selected topic, while also having time for open discussion in a structured supportive healing environment.

### INTUITIVE EATING

This 12-week psycho-educ group, based on the research and framework of Evelyn Tribole and Elyse Resch, will explore the authors' 10 principles of Intuitive Eating to help support participants' in reacquainting to a peaceful relationship with food and body.

### OUTPATIENT PROCESS GROUP

This group is a space for clients to gain connection and support for eating disorder recovery. Clients check in with highs and lows from the week, as well as discuss current relationship with food and body. Clients set weekly goals and check in on goals from the previous week. Clients are provided the opportunity to process current stressors and emotions.

### 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.

### THE YOGA OF RADICAL SELF COMPASSION

Radical Self Compassion is combined with meditative exploration, mindful movement exploration, therapeutic processing and group discussion surrounding how the emotional/physical/energetic/cognitive bodies interplay, the result can be powerful as well as self-empowering-- especially on a path of recovery and continued healing.

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



## GROUP DESCRIPTIONS

### REST & CREATIVITY

This group is a space for deepening your self-awareness and growth in relationship with your own body, senses, and recovery in a group setting. Participants will learn ways of consciously engaging their sense, breath, movement, creative arts, and the power of imagination to generate new opportunities for experiencing their own powers of rest and creativity.

### TRANS/NON-BINARY SENSITIVE EATING DISORDER RECOVERY

This group provides a safe, nonjudgmental space for adults who have eating disorders and who identify as trans/non-binary to process and receive support for all issues of concern and to celebrate victories. Gender identity, eating disorder symptoms, body image, and the relationships among these issues regularly are explored. Creative tools, such as stream of consciousness writing and art, are used.

### 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.

### YOUR INNER GPS: BEFRIENDING YOUR NERVOUS SYSTEM TO BECOMING SAFELY EMBODIED

This psych-ed/skills building group provides a reorganizational embodiment curriculum developed by Deidre Fay, MSW in her work with Dr. Janina Fisher and Dr. Bessel van der Kolk, which along with Deb Dana's Polyvagal Theory applications and Sonya Renee Taylor's Your Body Is Not An Apology framework, support clients in exploring their own experience and practicing the principles of Becoming Safely Embodied Skills (BSES).

## 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.



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