

Dialectical Behavior Therapy (DBT) Group for Eating Disorders

Eating Disorder symptoms are often triggered by stress, negative mood and negative emotions. DBT is an evidence-based approach to teaching people how to use skills to help tolerate distress and decrease eating disordered behaviors.

Increase Skillful Emotion Regulation Behaviors by Learning and Practicing DBT Skills

- 1) Mindfulness Skills
- 2) Emotion Regulation Skills
- 3) Distress Tolerance Skills

Path to Mindful Eating

- Stop any Behaviors that Interfere with Treatment (i.e. avoidance, absences, etc)
- Stop Binge Eating, Purging, Restricting and other problematic eating behavior, as well as disturbances of body weight and shape
- Eliminate Mindless Eating
- Decrease Cravings, Urges, Preoccupation with Food



Facilitated by:
Melissa Schneider, MA, LPC

When: Tuesdays from 6:30 to 8:00p.m.

Who: Individuals who struggle with Bulimia Nervosa, Binge-Eating Disorder, Disordered Eating and Anorexia Nervosa.

For more information or to schedule an orientation session with Melissa, please call (414) 727-4455.

Visit us online at www.theREDIclinic.com.



Recovery for Eating Disordered Individuals