

## Intensive Programs

### Intensive Outpatient Program

Participation in our program includes coordination of care with your individual therapist and primary care physician, group therapy, psycho-education, nutrition counseling and education, supported group meals and experiential therapies.

**When:** Mondays, 5:00-7:00pm

Tuesdays & Thursdays, 4:00-7:00pm

Wednesdays, 5:30-7:30pm

Fridays, 8:45-11:00am

**Lead by:** Priscilla Manisto, Tori Frye,  
Missy Grindahl, Kirsten Nielsen,  
Karla Borchardt

### COE IOP

Coming Soon—January 2012!

**Lead by:** Tori Frye

## Anorexia & Bulimia

### Compulsive Overeating & Binge Eating Disorder

### Groups for EveryBODY

## Intensive Programs

The Emily Program provides many groups to accommodate clients' interests. With the wide variety of groups and intensive programs we offer, there is bound to be something just for you! Take a look through this brochure and talk with your individual therapist to join any number of our amazing groups.

### The Emily Program

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#### Address

26 East Superior Street, Ste 315

Duluth, MN 55802

Phone: (218) 722-4180

Fax: (218) 722-4184

[emilyprogram.com](http://emilyprogram.com)

## The Emily Program

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Winter 2011  
Group Brochure



## The Emily Program

Personalized treatment for eating disorders.

## Duluth

(218) 722-4180 or (888) EMILY77

[emilyprogram.com](http://emilyprogram.com)



## Groups to meet your needs

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The Emily Program facilitates a wide array of groups and intensive programs. 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.** Please note that our group offerings do change frequently and you must be registered to participate.

### Groups for EveryBODY

#### Adolescent Dialectical Behavioral Therapy

Dialectical Behavioral Therapy (DBT) is a skill-based therapy approach that can help you with mood regulation and managing eating disorder symptoms and urges. This is a structured group that includes a mindfulness activity, skills training, homework and a homework review each week.

**When:** Wednesdays, 4:15-5:15pm

**Lead by:** Tori Frye & Priscilla Manisto

#### Connections-A Shame Resiliency Group

In this group, participants will learn to understand that our imperfections do not make us inadequate; they are what connect us to each other and to our humanity. You'll learn that our vulnerabilities are not weaknesses; they are powerful reminders to keep our hearts and minds open to the reality that we're all in this together. We ask that participants commit to the full 12-weeks.

**When:** Wednesdays, 5:30-7:00pm

**Lead by:** Priscilla Manisto

#### Yoga & Body Image

This group adapts yoga exercises to any body shape and any experience level—and then leaves time for you to process the body experience.

**When:** Tuesdays, 2:00-3:30pm

**Lead by:** Tori Frye

### Anorexia & Bulimia Options

#### Anorexia & Bulimia

People who struggle with anorexia and bulimia share common issues. Taking time to discuss and process feelings, thoughts, and behaviors gives new perspective on how to approach stress and anxiety in a more mindful and positive manner. This group is for adults (18 and older).

**When:** Wednesdays, 4:00-5:30pm

**Lead by:** Missy Grindahl

### Compulsive Overeating & Binge Eating Options

#### Compulsive Overeating

A group providing support to clients working toward a healthy relationship with food. This group provides tools and support through process therapy and has created a safe place to address eating, activity and general emotional growth.

**When:** Mondays, 4:00-5:30pm

**Lead by:** Tori Frye