

Intensive Programs

Adult Intensive Outpatient Program

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

When: 4 days per week/3 hours per session

Lead by: Joanna Retztagg & Jodi Pierce

Adolescent Family Intensive (AFI)

AFI provides focused, therapeutic intervention for adolescent girls and boys, ages 12-18, and their families. The program includes group therapy, therapeutic meals, weekly family participation, and family case management. Individuals continue to work with their primary treatment team for individual therapy, nutrition services and medical care at The Emily Program and/or with community providers.

When: Mondays, Tuesdays, Wednesdays, Thursdays, 4:00-7:00pm

Lead by: Jenny Hermanson, Janelle Fuchs, Kristen Myers, & Joan Krakowiak



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

Address

1700 Westlake Ave. North, Ste 650
Seattle, WA 98109

Phone: (206) 283-2220

Fax: (206) 283-2223

emilyprogram.com

The Emily Program

Winter 2011
Group Brochure



The Emily Program

Personalized treatment for eating disorders.

Seattle

(206) 283-2220 or (888) EMILY77

emilyprogram.com



Groups to meet your needs

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.

Anorexia & Bulimia Options

Anorexia & Bulimia

People struggling with bulimia and anorexia share many common concerns. This is a safe, non-judgmental group for adults to talk with others who are working through similar challenges. In this group, we'll help you identify how food and body concerns affect relationships and daily life, develop skills and tools to address disordered eating and explore the origins of food and body issues.

When: Mondays, 3:00 - 4:30pm

Lead by: Joanna Retztagg

When: Mondays, 4:30-6:00pm

Lead by: Kristen Myers

Compulsive Overeating & Binge Eating Options

Compulsive Overeating Group

This is a group for adults who struggle with binge and/or compulsive overeating. Participants will identify how food and body concerns affect your relationships and daily life, develop skills and tools to cope with disordered eating and explore concepts of intuitive and mindful eating.

When: Tuesdays, 4:00 - 5:30pm

Lead by: Jenny Hermanson & Joan Krakowiak

Groups for EveryBODY

Adolescent Food & Body Group

This is a therapy group for adolescents with disordered eating, body image, and food concerns. In this group you will, discuss identity expression and self-worth, explore cultural influences on body image and self-esteem, develop skills to address disordered eating and identify how food and body concerns affect personal relationships. We also recommend that individuals who attend this group continue to regularly meet with their individual therapists.

When: Thursdays, 3:00 - 4:30pm

Lead by: Jodi Pierce