



The Emily Program

Personalized treatment for eating disorders.

The Emily Program Group Catalog
2011-2012

Groups to meet your needs

The Emily Program facilitates a wide array of **groups. We're sure to have one to meet your needs** and interests. Speak with your individual therapist to participate in a group. Please note that our group offerings do change frequently. With the exception of our free groups, you must be registered to participate.

Anorexia & Bulimia Options

Anorexia & Bulimia

This group provides clients a safe and supportive environment to discuss their struggles and connect with others who are experiencing similar challenges. We use a variety of techniques for support such as classic therapeutic techniques as well as the relief of a good laugh.

Where: St. Louis Park

When: Wednesdays, 5:00-6:30pm

Lead by: Laura Evensen

Anorexia & Bulimia

Clients receive nonjudgmental support from peers and build their skills coping with changes throughout their eating disorder recovery, as well as help, support and feedback in the recovery process. This group is open to men and women.

Where: St. Paul

When: Thursdays, 5:30-7:00pm

Lead by: Lori Peiffer

When: Tuesdays, 4:15-5:45pm

Lead by: Quinn Sullivan & Krystle Jacobsen

Anorexia & Bulimia

This group addresses struggles with anorexia/bulimia in a safe, nonjudgmental group setting. We discuss common challenges and ways to cope. Together we build skills that aim to repair relationships, decrease isolation, and help you re-engage yourself in life.

Where: Burnsville

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

Lead by: Hoinu Bunce

College Age

Clients will receive support around eating disor-

ders and life events/happenings with people in the same age range and undergoing similar life experiences. The group members listen, encourage, and challenge each other in a supportive environment. Open to clients with AN/BN/NOS diagnoses and ages 17 (taking college courses) to 23 years (just out of college).

Where: St. Paul

When: Tuesdays, 3:30-4:45pm

Lead by: Erica Falconer & Rachel Slater

Compulsive Overeating & Binge Eating Options

Body Image for COE

This group is designed to provide support to COE/Binge eating clients who are struggling with body image and body acceptance in their recovery process. We will utilize the Thomas Cash body image workbook for group discussion.

Where: Burnsville

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

Lead by: Colette Kuhn & Val Schoenberg

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. Regular attendance is important. Choose the session that works with your schedule:

Where: St. Paul

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

Lead by: Kate Jalma & Jodi Palmer

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

Lead by: Kris Holm & Joan Caillier

When: Thursdays, 10:00-11:30am

Lead by: Joan Caillier

When: Saturdays, 9:00-10:30am

Lead by: Ryan Dean & Kris Holm

Where: St. Louis Park

When: Wednesdays, 10:00am-11:30pm

Lead by: Brandie Sundquist & Kim Sweeney

*Interested in participating? Please speak with your individual therapist.

Where: St. Louis Park
When: Wednesdays, 5:30-7:00pm
Lead by: Kim Gerads & Kim Sweeney

Where: Burnsville
When: Mondays, 5:15-6:45pm
Lead by: Colette Kuhn & Hoinu Bunce

Compulsive Overeating After Care Group
Gain support from peers and process present emotions and events in life. Clients get the added bonus of having a group that has similar experiences from participation in a COE IOP.

Where: St. Paul
When: Tuesdays, 4:00-5:30pm
Lead by: Cate Byrne & Kate Robinson

Exploring Health, Wellness and Weight Loss
This group is for clients who identify that their symptom use is under control and they 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.

Where: St. Louis Park
When: Tuesdays, 8:00-9:30am
Lead by: Jennie Laskow & Amy Patefield

Where: St. Paul
When: Thursdays, 3:30-5:00pm
Lead by: Hilmar Wagner & Tracy Williams

Pre/Post Gastric Bypass Options

Pre/Post Gastric Bypass

This group provides connection with other people that are planning to have or have had gastric bypass 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 practice skills, such as: conflict resolution, distress tolerance, assertiveness, and self-awareness. Choose the group that works with your schedule:

Where: St. Paul
When: Tuesdays, 10:00-11:30am
Lead by: Kate Jalma & Ryan Sorenson

When: Wednesdays, 4:00-5:30pm
Lead by: Jackie Colaizy

Where: St. Louis Park
When: Wednesdays, 4:30-6:00pm
Lead by: Louise Page & Anna Fox

Groups for EveryBODY

Art of Relaxation

Learn and develop coping skills to manage stress and anxiety. Explore ways to use various creative arts as a means of distraction and relaxation. In **this group you'll discover and experience new techniques** that you can practice on your own.

Where: St. Louis Park
When: Thursdays, 10:00-11:30am
Lead by: Brandie Sundquist

Art Therapy

In this group clients explore underlying issues surrounding their eating disorders and experience being present and safe in their bodies while creating art in a **non-judgmental environment**. You'll have a chance to express those parts of your eating disorders that are unable to be put into words. Use the safe environment and leisure activity to experience emotional expression and challenge yourself as you navigate a new form of expression.

Where: St. Paul
When: Wednesdays, 9:00-10:45am
Lead by: Erin Dolan & Tamar Marmor

Christian

This group helps clients utilize their faith in their recovery. It focuses on principles of grace, forgiveness and **God's love to better accept themselves** and fight the messages of the eating disorder. This group utilizes readings from Phillip Yancey, Henri Nouwen and others to help facilitate discussion.

Where: St. Paul

*Interested in participating? Please speak with your individual therapist.

When: Fridays, 1:00-2:30pm
Lead by: Rebekah Brandvold

Christian

This group provides a safe place for clients who identify as Christians to incorporate their faith into their recovery process. We usually begin with a devotion/inspirational song and end with prayer requests. We encourage clients to pray for one another during the week.

Where: St. Louis Park
When: Mondays, 5:30-7:00pm
Lead by: Hoinu Bunce & Laura Evensen

Couple's Group

Clients and their partners will gain knowledge about eating disorders and relationship skill **building**. You'll share the stresses and triumphs of working on recovery as a couple and discuss what issues may hinder positive communication. There is a large group time as well as a break out time where clients and partners are separated into two groups to talk about the subject presented and the unique challenges of each position.

Where: St. Paul
When: Saturdays (every other week),
10:00-11:30am
Lead by: Rebekah Brandvold & Jodi Palmer

Creative Arts & Sexuality

This group will focus on exploring your relationship with your sexuality, in a safe and non-judgmental space by using the creative arts as a means to facilitate understanding, growth and healing. In this group we will explore parallels between our hungers for food/sex/attachments to others and how early attachments with our primary care givers act as a landscape for how we attach and connect with others. We will also explore different experiences that authored our stories about our selves and our sexuality.

Where: St. Louis Park
When: Mondays, 11:30am-1:00pm
Lead by: Tamar Marmor & Stacy Saindon

Dialectical Behavior Therapy (DBT)

In this group participants learn core skills to increase abilities for managing distressing situations without relying on symptoms. DBT in particular targets struggles with extreme emotions/moods, impulsiveness, interpersonal chaos, and confusion

about self and identity. Prospective group members are asked to commit to a 6 month stay in the group. Open to males and females 21 and older.

Where: St Louis Park
When: Tuesdays from 3:00-4:30pm
Led By: Randi Born

Eating in the Light of the Moon

This group is based on the book "Eating in the Light of the Moon" by Anita Johnston, which weaves multicultural myths, legends, and simple folktales to free women from disordered eating by discovering metaphors hidden in their own life stories. Choose the group that works with your schedule:

Where: St. Louis Park
When: Thursdays, 4:00-5:30pm
Lead by: Stephanie Burcusa

Where: Burnsville
When: Wednesdays, 4:30-6:00pm
Lead by: Hoinu Bunce & Val Schonberg

ED/CD

This is a safe forum for clients to discuss their struggles with an eating disorder partnered with chemical dependency. They receive support from others who have experienced/are experiencing the same struggles. Choose the group that works best with your schedule:

Where: St. Louis Park
When: Mondays, 4:00-5:30pm
Lead by: Hoinu Bunce & Amanda Delsman

Where: St. Paul
When: Wednesdays, 9:30-11:00am
Lead by: Kris Holm & Allison Holt

Experiential Multifamily

We use experiential methods to explore relationships, attachment patterns and interpersonal dynamics. Focus is on how the eating disorder plays a role in the family and other relationships. **Together we'll use different modalities to experience healing and resolution.**

Where: St. Louis Park
When: Mondays, 4:30-6:00pm
Lead by: Tamar Marmor & Jamie Larson

Generativity

*Interested in participating? Please speak with your individual therapist.

In this group clients get support for the emotional, social, and physical challenges in this phase of life. They will build awareness of how they contribute to society, and how they can feel culturally valued in ways besides physical beauty and youth. The goal is to increase self-esteem and sense of well-being. There will also be some discussion of “hot topics” and focus on the book “The Body Myth: Adult Women and The Pressure To Be Perfect” by Margo Maine and Joe Kelly. This group is mainly for women over the age of 45.

Where: St. Paul

When: Mondays, 5:00-6:30pm

Lead by: Jackie Colaizy

LGBTQ

This is a 10-week group designed for clients who are questioning or exploring their sexual orientation and/or gender identity and for those who may consider themselves lesbian, gay, bisexual, transgender or queer. In the group we provide: support and validation of being a sexual/gender minority and struggling with an ED; specific support around coming out issues and dealing with family and others who might not be supportive in your life; a safe space to discuss sexual orientation and identity; and discussion around the possible connections to eating disorder struggles and recovery. We do ask that you commit to the full 10-weeks.

Where: St. Paul

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

Lead by: Ryan Dean & Ryan Sorenson

Men's Process Group

This group provides clients with support, feedback and perspective from other men who are struggling with eating disorders. It is open to all ages and diagnoses.

Where: St. Louis Park

When: Tuesdays, 5:00-6:30pm

Lead by: Doug Perry

Pillars of Support Yoga Group

This yoga group will provide you with a supportive and non-judgmental environment to explore your relationship with worry, waiting and reconnections while practicing yoga. It will present you with challenging and rewarding experiences and

allow you to deepen your connection to mind, body and breath. No experience necessary.

Where: St. Louis Park

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

Lead by: Tara Cindy Sherman & Stephanie Burcusa

Recovery Focused Art Therapy

This is an experiential group focused on topics related to recovery from an eating disorder. We address relationships, body image, self-care, identity, and expression of feelings. Topics will also include those identified by group participants as they navigate their own recovery process. This process-oriented group incorporates different art and music experiences as we address and explore these themes.

Where: St. Louis Park

When: Mondays, 10:00-11:30am

Lead by: Tamar Marmor

Therapeutic Writing

In this group clients use journaling, poetry, reflective and creative activities to plug recovery into the powerful right brain. The group is structured to provide safety around writing (no grammar, no spelling, no grades, no judgment.)

Group participants will read, listen to and discuss various types of writing; write together; and share their own writing. Writing experience not necessary.

Where: St. Paul

When: Thursdays, 2:30-4:00pm

Lead by: Nancy Dawn Van Beest & Kyan Bodden

Women of Color

This group processes beliefs, ideas, and cultural values around body image and disordered eating. It is open to all clients who identify as a woman of color.

Where: St. Louis Park

When: Mondays, 11:00am-12:30pm

Facilitator: Hoinu Bunce & Angela Staples

Yoga & Body Image

In this group clients experience their bodies in how it feels and what it can do for you versus how it looks. We'll connect body and mind, which can illicit intense feelings, thoughts, experiences,

*Interested in participating? Please speak with your individual therapist.

memories, and stories about body self. Clients learn mindfulness skills to take on and off the yoga mat and how to be, at minimum, a neutral observer of negative body thoughts; working toward a more accepting relationship with body self. This group shares with clients the opportunity to release muscle memories and have a safe place to process them. No experience is necessary. Choose the group that works with your schedule:

Where: St. Paul

When: Fridays, 9:30-11:00am

Lead by: Edie Kuss & Tracy Williams

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

Lead by: Lisa Diers & Alison Hawkinson

Where: St. Louis Park

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

Lead by: Tara Sherman & Stephanie Burcusa

Yoga & Body Image

For COE/BED

Where: St. Paul

When: Thursdays, 5:30-7:00pm

Lead by: Tara Sherman & Rachel Slater

Where: St. Louis Park

When: Thursdays, 10:30am-12:00pm

Lead by: Tara Sherman & Jennie Laskow

FREE Support

Understanding Eating Disorders, Treatment, and Recovery

This service is free and open to anyone who wants to gain a basic understanding of eating disorders, treatment and recovery. Before you can help your **loved one and yourself, 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 and beyond. Our knowledgeable staff provide answers to common questions and concerns of families and friends **"new" to eating disorders, and you'll leave with valuable resources.**

Where: St. Paul

When: Second Monday of each month,
6:00-8:30pm

Lead by: Kitty Westin

Family and Friends Support Group

Open to the public, these evening support groups meet every other week in St. Paul and St. Louis Park.

Where: St. Paul

When: Wednesdays (every other week),
5:45-7:15pm

Lead by: Nancy Dawn Van Beest &
Erica Falconer

Next sessions: 2/14, 2/28, 3/13, 3/27 etc.

Where: St. Louis Park

When: Thursdays (every other week),
5:45-7:15pm

Lead by: **Kitty Westin & Kathryn O'Connell**

Next sessions: 2/9, 2/23, 3/8, 3/22 etc.

*Interested in participating? Please speak with your individual therapist.

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Anorexia & Bulimia
Compulsive Overeating & Binge Eating Disorder
Pre/Post Gastric Bypass
Groups for Every*BODY*
FREE Family & Friends Groups

The Emily Program provides many groups to accommodate clients' interests. With the wide variety of groups we offer, there is bound to be a group 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

2265 Como Avenue
Saint Paul, MN 55108
651.645.5323
emilyprogram.com



The Emily Program

Personalized treatment for eating disorders.

Additional Group Offerings - February 2012 -

Pre/Post Gastric Bypass Group

This ongoing support and process group provides connections with other people that are planning to have, or have had gastric bypass surgery. We provide a safe forum to ask questions and receive feedback about what you can expect before and after surgery. Pre/Post Gastric Bypass group focuses on the unique needs of clients that are pre and post surgery while they continue to cope with their eating disorder. Weekly support is provided to address the emotional needs of everyday life and practice skills such as: conflict resolution, distress tolerance, assertiveness, and self-awareness.

St. Louis Park

Immediate Openings

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

Lead by: Louise Page & Anna Fox

St. Paul (2265 Como)

When: Tuesdays, 10:00-11:30 am

Lead by: Kate Jalma & Ryan Sorenson

All Things COE

All Things COE is a support and informational group for clients with Compulsive Overeating (COE) and Bing-Eating Disorder (BED) diagnoses. It is designed to connect COE/BED clients with others to provide additional support and education around issues that affect those with COE/BED and their loved ones. Emily Program clients who are a currently involved in treatment for COE and BED are invited to participate and join in these discussions.

St. Paul (2265 Como)

When: Second Saturday of each month
10:30 am-12:00 pm

Lead by: Kate Jalma & Ryan Sorenson

Topics for Spring 2012

February 11 - Hoarding & Other Compulsive Behavior

March 10 - Family Support for COE/BED

April 14 - Diabetes Management

May 12 - Intimacy

June 9 - Body Image

Interested in joining these or other groups? Contact your individual therapist.

Want more information about The Emily Program groups?
Like us on Facebook and download a copy of our Group Catalog at
www.emilyprogram.com/our-programs/outpatient_services/groups