



WE'RE HERE TO HELP.

The Emily Program offers a wide array of groups and intensive programs for all ages and genders. 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. Our group offerings do change frequently. Please check our website at emilyprogram.com for the most up-to-date offerings.

Please note that you must be a registered Emily Program client to participate.



The Emily Program

Real help for eating disorders

** We work closely with community providers. Clients can continue appointments with an individual therapist, dietitian and/or physician as needed either with their outside team or within our program.*

Free Support Groups

RECOVERY NIGHT

Each quarter, clients and their friends and family are invited to hear speakers share stories of hope and success on their road to recovery from eating disorders. Speakers include former clients, support people, and community members.

When: For upcoming dates and times, please visit emilyprogram.com/for-families/support

FAMILIES SUPPORTING FAMILIES

Support group for family members and friends of those suffering with anorexia, bulimia, or binge eating disorder.

When: 1st & 3rd Thursday monthly, 6:30-7:30pm

Led by: Monique Campeau-Wilhelms

ADULT SUPPORT

Support group for adults age 18+ who are struggling with anorexia, bulimia, or binge eating disorder.

When: Please call Lori Stebbins at (509) 499-0870 for location & dates.

Led by: Lori Stebbins, INCED community member

Founded in 1993, The Emily Program has become nationally recognized for our compassionate and personalized approach to eating disorder awareness, treatment, and lifetime recovery. We understand the tangled complexities of eating disorders, often from personal experiences. *We know there is hope..*

SPOKANE

2020 East 29th Avenue,
Suite 200
Spokane, WA 99203
(509) 252-1366



MAKE PEACE WITH FOOD.



The Emily Program

Real help for eating disorders



2017

GROUP & PROGRAM OFFERINGS

SPOKANE, WA

(509) 252-1366 | (888) EMILY-77

emilyprogram.com

GROUPS THAT FIT YOU

Group Offerings

ADULT EATING DISORDER SKILLS AND PROCESS

This group will combine psychoeducational, cognitive-behavioral, and supportive approaches to assist group members to reduce or cease disordered eating and support recovery. Group feedback will be used to identify and practice alternative methods of coping with stressful situations, thoughts, and feelings.

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

Led by: Maja LeBon

BINGE EATING DISORDER (BED)/ COMPULSIVE OVEREATING (COE) SKILLS AND PROCESS

The focus of this group is to develop a healthy relationship with food, learn to treat your body with respect, and to honor your emotions. We will be teaching the most current evidence-based practices including Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), and Dialectical Behavior Therapy (DBT).

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

Led by: Amy Norene

BINGE EATING DISORDER (BED)/ COMPULSIVE OVEREATING (COE) SKILLS AND PROCESS, ADOLESCENT

The focus of this group is to develop a healthy relationship with food, learn to treat your body with respect, and to honor your emotions. We will be teaching the most current evidence based practices including Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), and Dialectical Behavior Therapy (DBT).

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

Led by: Megan Marama

BODY IMAGE Y

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.

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

Led by: Laura Sferra

EATING DISORDER (ED) RECOVERY, ADOLESCENT

This group addresses struggles with disordered eating in a safe, non-judgmental setting. Discussion includes common challenges and ways to cope. Together we build skills that aim to repair relationships, decrease isolation, and help you feel better about yourself to re-engage in life. Includes a supported snack.

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

Led by: Danielle Bergheim

EATING DISORDER/CHEMICAL DEPENDENCY

This is a group for anyone who may be struggling with chemical dependency issues in addition to an eating disorder or other psychiatric illness. The group will meet weekly for 8 weeks.

This is a progressive group that will require commitment in order to get the full benefit. The main goal of this group is to gain insight into personal struggles with addiction and ways of interrupting the behavior to maintain abstinence.

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

Led by: Kristin Townsend

FOOD, FEELINGS, AND SKILLS

This group is for anyone who has graduated from intensive programming and will address the challenges of eating disorder recovery. Participants will bring their own lunch to eat in a socially supported environment.

When: 2nd and 4th Saturday, 11:00am-1:00pm

Led by: Michelle Weinbender, Krista Crotty

Intensive Programs

INTENSIVE OUTPATIENT PROGRAM (IOP)

IOP programming is designed to help clients who need more support than outpatient alone can offer. IOP includes group therapy, nutrition counseling and education, supported group meals, and experiential therapies.

COMPULSIVE OVEREATING INTENSIVE OUTPATIENT PROGRAM (COE IOP)

COE IOP is specialized for clients struggling with binge eating disorder or compulsive overeating. The general goals of this group are to interrupt compulsive overeating, to improve coping skills, and to become more comfortable with eating a balanced diet and incorporating regular enjoyable activities into daily living. COE IOP includes group therapy, nutrition counseling and education, supported group meals, and experiential therapies.

PARTIAL HOSPITALIZATION PROGRAM (PHP)

PHP is a structured program for clients who are unable to decrease eating disorder behaviors or are stepping down from residential/inpatient care. PHP includes individual and group therapy, therapeutic meals, vitals monitoring, and medication management. For women (18+) who live far away from our Spokane location, Lilac Lodging allows them to stay in a homelike setting while attending intensive programming at The Emily Program.