

2020  
SOUTH SOUND

# GROUP CATALOG

OUTPATIENT OFFERINGS



## The Emily Program

The eating disorder specialists

An Affiliate of the University of Minnesota Medical School



# The Emily Program

The eating disorder specialists

## OUTPATIENT GROUPS AT THE EMILY PROGRAM

At The Emily Program we believe that group therapy can be an incredibly important part of an individual's recovery from an eating disorder, because groups provide a safe, judgment-free environment to process thoughts, emotions, and behaviors with other people in similar situations.

Dr. Dirk Miller, our Executive Chairman and Founder, often says: "Our eating disorders are very confusing to us, but they are not so confusing to others." That kind of crucial perspective is very valuable in recovery, and is why we offer so many therapeutic and skill-building groups.

The Emily Program facilitates a wide array of groups, and we're sure to have one that meets your needs and interests.



### WANT TO JOIN A GROUP?

Please speak with your individual therapist about any group opportunities that you are interested in. Your provider can help guide and inform you about which groups would be a good fit for where you are on your path to recovery. Your provider is also your contact to enroll in any of our outpatient groups.



## SOUTH SOUND GROUPS

### TUESDAYS

4:00-6:00 PM

DBT: Lindsey Waite,  
Yoshie Wong

### THURSDAYS

5:00-6:00 PM

Staying the Course, Relapse  
Prevention: Tarah Earhart

## GROUP DESCRIPTIONS

### DBT

Open to clients with all diagnoses, our DBT group teaches life skills you can use to increase mindfulness, tolerate stress, successfully manage emotions, improve interpersonal relationships and reduce eating disorder symptoms.

### STAYING THE COURSE, RELAPSE PREVENTION

This group provides education on relapse prevention skills, assists with the development of a comprehensive relapse prevention plan, and provide a supportive environment in which to explore recovery-related topics.

## THE EMILY PROGRAM'S GROUP POLICIES

**Cancellation:** Please call ahead to cancel if you are not coming to group. We require a 24-hour cancellation notice if you will miss group. Lack of proper notification will result in an out-of-pocket fee based on your level of care.

**Attendance:** Regular attendance at group will provide you the best experience and most benefit toward your recovery. In general, people who attend at least 80% of group sessions tend to have the best outcomes. Your regular attendance will also benefit other group members! If daily attendance drops below census requirements group will be cancelled for the day.



# The Emily Program

The eating disorder specialists

(888) EMILY-77 | [emilyprogram.com](http://emilyprogram.com)

*To participate, please speak with your individual therapist.*