

2021
SOUTH SOUND

GROUP CATALOG

OUTPATIENT OFFERINGS



The Emily Program

The eating disorder specialists

An Affiliate of the University of Minnesota Medical School



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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

MONDAYS

- 12:00-1:00 PM Lunch Group: Jessica Mackiewicz, Stacy Schilter, Pisano
- 9:00-10:00 AM Body Peace Yoga: Lindsey Waite, Chad Upshaw

GROUP DESCRIPTIONS

BODY PEACE YOGA

This group incorporates gentle yoga, mindfulness strategies and focused intentions. The purpose of this group is to develop and foster a balanced and peaceful relationship with one's body while engaging in intuitive movement. The group is accessible to people in all bodies.

LUNCH GROUP

This therapeutically supported lunch group is for outpatient-level clients (not intended for clients who decline higher level of care recommendations). Clients prepare own food and eat lunch together over telehealth, participating in discussion of topics related to eating disorder recovery.

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.



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To participate, please speak with your individual therapist.