

2021  
TWIN CITIES

# GROUP CATALOG

ADULT & ADOLESCENT 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.



## ST. PAUL GROUPS

### MONDAYS

12:00-1:00 PM      Experiential Meal: Lizzie Fenske

4:30-6:00 PM      IOP Transitional Group:  
Scott Wisgerhof and  
Tricia Stensgard

5:15-6:15 PM      Radically Open DBT: Aimee  
Arikian, Erica Freeman

5:30-7:00 PM      LGBTQI Sensitive Eating  
Disorder Recovery: Lauren  
Silberstein

### TUESDAYS

5:00-6:00 PM      Pre/Post Bariatric: Lauren  
Silberstein

COE Process: Chris Clark

5:00-6:30 PM      DBT: Kate McTavish

### WEDNESDAYS

12:00-1:00 PM      Experiential Meal: Lizzie Fenske

2:00 -3:00 PM      Radically Open DBT: Aimee  
Arikian

### THURSDAYS

5:00-6:30 PM      Body Image Y: Sarah Zuber,  
Lizzie Fenske

Body Image: Nicole Uchal,  
Erica Freeman

## ST. LOUIS PARK GROUPS

### MONDAYS

5:30-7:00 PM      Daring Way: Tori Frye

### TUESDAYS

11:30 AM -1:00 PM      Intuitive Eating: Tori Frye,  
Tricia Stensgard

2:00 -3:30 PM      Body Peace Yoga: Kami Kessel,  
Cody Granda

3:00-4:00 PM      Adolescent Recovery: Kristen  
Wood, Brooke Carlson, and  
Kate Opichka

5:00-6:00 PM      IOP Transitional Group: Angie  
Lauer-Schaeppi

5:30-7:00 PM      Rising Strong™/Daring Way:  
Tori Frye

### WEDNESDAYS

4:30-6:00 PM      Intuitive Eating: Tori Frye,  
Tricia Stensgard



# GROUP DESCRIPTIONS

## ADOLESCENT RECOVERY

This group is for adolescents who would like to have extra support from peers/staff, and would like to utilize this as an open process time for thoughts/feelings, revisit skills, and an additional resource for recovery.

## 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.

## BODY PEACE YOGA

This group uses yoga and mindfulness to explore movement and the relationship between mind, body, and emotions. The group is led by a yoga instructor and a therapist. No prior yoga or mindfulness experience is necessary. The group is accessible to all bodies including people with physical limitations.

## COMPULSIVE OVEREATING (COE) RECOVERY

This group supports clients who are working toward a healthy relationship with food. We'll provide tools and support through process therapy and create a safe place to address eating, activity, and general emotional growth.

## IOP TRANSITIONAL GROUP

This IOP transitional group is open to all clients discharging from IOP. This group will be process orientated to support clients with their transition into outpatient care. This group will also include a BYO meal.

## LGBTQQI SENSITIVE EATING DISORDER RECOVERY

This group provides a safe, nonjudgmental place for adults who have eating disorders and who also identify along a sexual or sexual-identity spectrum to process and receive support for issues related to their eating disorder and sexuality/sexual identity. In this group, clients will receive help to develop skills and tools to address their eating disorder symptoms, explore how their eating disorder impacts their relationships and daily life, and increase body awareness and connectedness.

## INTUITIVE EATING

This 12-week psycho-educ group, based on the research and framework of Evelyn Tribole and Elyse Resch, will explore the authors' 10 principles of Intuitive Eating to help support participants' in reacquainting to a peaceful relationship with food and body.

## PRE/POST BARIATRIC

This group provides connection with other people planning to have or that have had bariatric 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 to practice skills such as conflict resolution, distress tolerance, assertiveness, and self-awareness.

## RISING STRONG™

This group is based on the research of Brené Brown. Throughout this curriculum-based, 12-week group we explore of the topics of vulnerability, courage, shame, perfectionism, and worthiness. Group members will participate in didactic and experiential activities that can assist them in moving toward more authentic and wholehearted living particularly surrounding their relationship with their emotions.

## THERAPEUTIC MEAL

This is an opportunity for outpatient clients, especially those stepping down from intensive programming, to take part in an experiential meal twice a week. Clients are encouraged to be intentional in exploring and challenging their ED thoughts and behaviors with brown bag meals. Group is open to all diagnoses and clients may attend once OR twice per week. Group consists only of the meal and will not have additional process or check-in time, so we require that clients are meeting consistently with an individual therapist.



## THE EMILY PROGRAM'S GROUP POLICIES

**Cancellation:** Please call ahead (651-645-5323) 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.

**Group Ending:** If the number of people registered for and attending the group gets too low, the group will be put on hold or will end early. For example, if only two people show up for a group on a given day, the group will unfortunately have to be cancelled for that day.

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