

Adult Group Therapy for Binge Eating



DO YOU FIND YOURSELF...

- Eating large amounts of food in one sitting?
- Feeling little control over how much you eat?
- Not feeling able to stop after you start to eat?

Some with these concerns may also engage in self-induced vomiting, taking laxatives, and/or excessive exercise following large meals.

This group teaches coping skills based on dialectical behavior therapy, which is founded on cognitive-behavioral principles and strategies derived from Zen Buddhism.

We hope that you will learn how to:

- Be fully aware of the present moment, particularly while eating
- Regulate your emotions without overeating or engaging in other self-injurious behaviors to feel better
- Cope with crises, able to tolerate distress
- Be effective in interpersonal interactions

This 12-session group will begin **late September/early October** at the George Mason University Center for Psychological Services in Fairfax, VA.

WEDNESDAYS 6-7:30pm

The program cost includes \$30 for a 1.5-hour individual evaluation leading to admission to the group or referral to other services, \$25 for each 1.5-hour group session, and a one-time \$20 materials fee.

For more information or to register, please contact the GMU Center for Psychological Services (<http://psyclinic.gmu.edu/>) at (703) 993-1370. The clinic is located at 10340 Democracy Lane, Suite 202 in Fairfax, VA.