Group Therapy for Women with 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 telehealth group will begin February on Zoom.
MONDAY@6PM

Cost: $35 for a one-time 1.5-hour individual evaluation with group facilitators
$30 for each 1.5 - 2 hour regular group session.

For more information or to register, please contact the GMU Center for Psychological Services (http://psyclinic.gmu.edu/) at psycclin@gmu.edu or (703) 993-1370 by February 7, 2022. This group will start as soon as is it full, so contact us ASAP. The clinic is located at 10340 Democracy Lane, Suite 202 in Fairfax, VA.