

# Compulsive Overeating Recovery Group



Clarity Clinic

If you are living with an eating disorder or struggling with disordered eating symptoms, advocate for yourself today by seeking treatment. This small group will help to support those who are in recovery from Eating Disorders (i.e. binge eating, bulimia, compulsive overeating, night eating, or pre or post bariatric surgery support). The group will allow time for process and coping skill development amongst supportive peers.

## Overview:

- Group therapy/counseling is a form of talk therapy in which one or more psychologists engages with a small group of patients
- The groups are designed to address a specific and unified area
- Group counseling is known to be one of the most effective methods for combating interpersonal challenges such as eating disorder recovery

## Group Details:

**Meeting Frequency:** Every Monday, 6:30-7:30 pm via Telehealth OR every Thursday, 12:00 pm-1:00 pm

**Facilitator:** Tara Javidan, LCPC, CADC

**Insurance:** Aetna | Blue Cross Blue Shield (PPO) | Cigna | Humana | Tricare | UnitedHealthCare | Self-pay \$50

**Contact:** TJavidan@claritychi.com

## Topics:

- Managing eating disorders
  - food logging, meal planning, and mindful eating
- Anxiety
- Depression
- Body image

## Join:

[www.claritychi.com/class/compulsiv-e-overeating-recovery-group-2/](http://www.claritychi.com/class/compulsiv-e-overeating-recovery-group-2/)

