

FAMILY

THERAPY ASSOCIATES, LLC

1120 OAK RIDGE DR., EAU CLAIRE, WI 54703

715-246-4840

BODY IMAGE & DISORDERED EATING

GROUP THERAPY FOR ADULTS:

Heal your Relationship with Food and Self



GIA HEPFLER, PHD, LPC

GROUP FACILITATORS



ALEX DORN, MS, LPC

TREATMENT FOCUS:

- Improve relationship with body
- Decrease disordered eating symptoms
- Gain better understanding of emotions and how they relate to food and body image
- DBT and CBT to learn how to manage emotions, thoughts, and improve relationship with body and food
- Identify plan for high risk situations to reduce disordered eating symptoms
- Increase self-awareness, self-image, and confidence



★ GROUP DETAILS:

WHEN: WEEKLY, BOTH
TUESDAY & WEDNESDAY
4:00PM TO 5:00PM

WHERE: VIRTUAL
MEETINGS
VIA
TELEHEALTH

★ REGISTRATION REQUIREMENTS:

This is a 13-week open group. Attendees are welcome to join during specific weeks throughout the group

- Group members must attend both meeting days for a total of 13 weeks
- Attendance is virtual via Telehealth session links
- Must be 18 or over
- Any adult is welcome to attend!

★ CALL TO REGISTER

715-246-4840

Many Insurance's accepted; cash options available