

FAMILY

THERAPY ASSOCIATES, LLC

1120 OAK RIDGE DR., EAU CLAIRE, WI 54703

715-246-4840

BODY IMAGE & DISORDERED EATING

IN ADULTS:

Heal your Relationship with Food and Self



GIA HEPFLER, PHD, LPC

GROUP FACILITATORS



ALEX DORN, MS, LPC-IT

★ GROUP DETAILS:

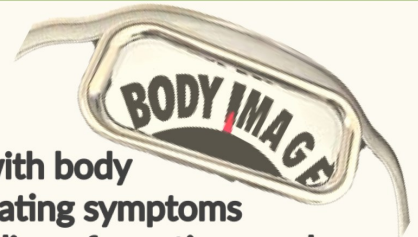
WHEN: TUESDAYS & WEDNESDAYS
4:00-5:00 PM

APRIL 4, 2022-
JULY 6, 2022

WHERE: VIRTUAL MEETINGS
VIA TELEHEALTH

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



★ REGISTRATION REQUIREMENTS:

This is a 13-week closed group. Attendees cannot be added after the start date

- Group members MUST attend both meeting days (Tues/Wed from 4:00-5:00pm for all 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