

# Eating Disorder Process Group

**About:** A small process group for individuals who would like additional support as they work toward healing from an eating disorder. Topics for discussion may be presented by individuals in the group and/or by the facilitator. Common group topics may include mindfulness, relationship with food, values, relationships with people, fears of recovery, body image, care and life transitions, meaning making, and self-care.



**Group Format:** A process group is intended to share experiences and gain support for each member. This happens by building comfort through sharing personal challenges and finding support from people with similar experiences to your own. The unique perspective each group member brings creates a tapestry of meaning and support to help you along the path toward recovery.

**Group Size:** In an effort to create sufficient support and closeness, the group will be limited to no more than ten members at any given time. However, once the group has begun, new members may join if there is enough space.

**Who:** Individuals age 18 and older who are struggling with diet restrictions, over-eating, over-exercising, binge eating, body image, and/or purging.

**Facilitator:** Kyle Max Hancock, PhD, a licensed clinical psychologist with specialized training in the treatment of eating disorders.

**When & Where:** Mondays, 4:45 – 5:45; Mt. Logan Clinic (246 E. 1260 N., Logan, UT)

**Fee:** \$35 per group; various insurances accepted (please call 435-750-6300 for details)

**Additional Information:** Please phone Dr. Hancock at 435-750-6300 for further information, including how to participate in the group.