



# The Center for Eating Disorders

AT SHEPPARD PRATT

## Outpatient Therapy Groups

### *Specialized group therapy options for ADULTS (18+)*

Group therapy can be a great way to obtain additional support in the recovery process while also mastering beneficial new skill sets and practicing social interactions in a therapeutic setting. All groups are facilitated by licensed therapists. *Provider referrals and self-referrals welcome.*

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#### **COGNITIVE BEHAVIORAL THERAPY (CBT) for BODY IMAGE**

10 sessions focused on a variety of body image topics (e.g. body checking, body avoidance, body comparison, emotional labeling, eating disorder mindset) and incorporates specific CBT skills with the goal of decreasing an individual's preoccupation with weight and shape. **Contact:** Laura Sproch, Ph.D. at 410-427-3851

#### **COGNITIVE BEHAVIORAL THERAPY (CBT)**

12 sessions of the cognitive-behavioral model in practice. Topics rotate based on the needs of the group, with a strong focus on behavioral skills and making behavioral changes outside of group. Skills include self-monitoring, behavioral chain analysis, and cognitive restructuring. **Contact:** Laura Sproch, Ph.D. at 410-427-3851

#### **DIALECTICAL BEHAVIORAL THERAPY (DBT) GROUPS**

DBT is an evidence-based treatment composed of four modules: *Mindfulness, Distress Tolerance, Emotion Regulation* and *Interpersonal Effectiveness*. This group is open to adults, ages 18 and over, with or without an eating disorder. **Contact:** Craig Boas, LCSW-C at (410) 427-3879

#### **MOTHERS WITH EATING DISORDERS GROUP**

The overall aim of the group is to provide education and support for mothers. Participants can be pregnant women or current mothers who may be struggling with a present or past eating disorder. This is a closed, semi-structured group consisting of 5 sessions. **Contact:** Kristen Norris, LCPC at 410-427-3904

#### **MOTIVATION TO CHANGE (MTC) THERAPY GROUPS**

This 8-week, structured group focuses on the Motivation-to-Change model. Participants will be asked to engage in discussion and homework that will help them explore where they are in the change process and how they can move to the next stage. **Contact:** Beth Frederick, Psy.D. at 410-427-3866

#### **INTERPERSONAL THERAPY GROUPS / BINGE EATING DISORDER GROUPS**

These are thematic, open-ended groups in which members are encouraged to process current and past struggles in a way that improves insight into the role of the eating disorder in their life and provides an opportunity to develop strategies for moving toward recovery. **Contact:** David Roth, Ph.D. at (410) 427-3871.

#### **RECOVERY SKILLS GROUP**

This is an 8-week group for adults who have transferred from a higher level of care in the last year. Each session addresses a different area of life (i.e. social life, family life, work, school) and assist members in applying recovery skills learned in treatment to support success on an outpatient basis. **Contact:** Talya Knable, LCPC at 410-427-3875

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**The Center participates with an extensive list of insurance providers; group therapy services can be billed through insurance or participants may choose to self-pay. Please call the contact listed by each group for current schedule and openings.**

For more information about The Center for Eating Disorders, please visit [eatingdisorder.org](http://eatingdisorder.org)