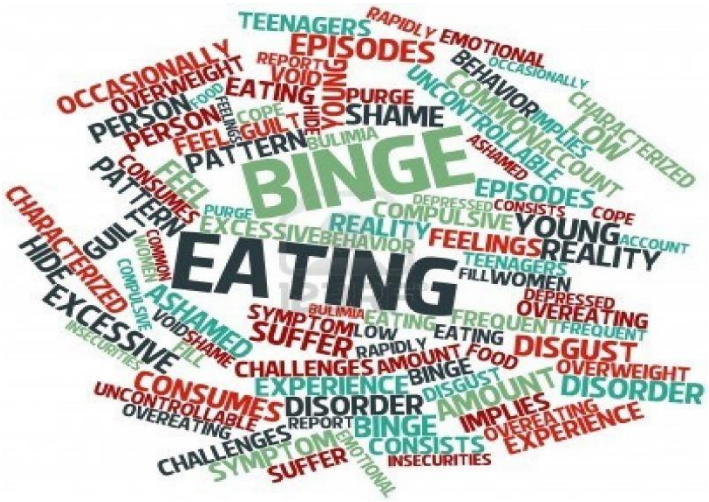
Binge Eating Disorder Group

This group is aimed to help you understand your binge eating behaviours and develop skills and techniques to reduce them. It draws on a number of different strategies and is based on the Overcoming Binge Eating Book by Christopher Fairburn. Some of the things that we will be looking at are:

What is binge eating? Why do people binge? Why do I binge?

Consequences of binge eating. How to stop binge eating behaviours.

- 6 sessions (once a week over a 6-week period)
- Location changes every cycle to ensure it is accessible to those across Aneurin Bevan Health Board.