

CBT-T Group



- This group is run over 10 weekly sessions.
- There will be 2 group facilitators and occasionally a student may be present.
- This is an interactive group with time for behaviour experiments.
- The group uses problem solving; behaviour observations; food diaries and uses an experimental approach to encourage curiosity towards change in behaviours, thoughts and emotions around eating disorders.

WHO SHOULD ATTEND?

-If you are ready for change to tackle your eating disorder.

- If you are physically well enough to attend.

To be able to meet others who are going through the same things/similar thoughts.

You are not on your own, others go through this too

Don't judge it on your first go, it gets easier.