

CRT and Body Image Group



CRT (Cognitive Remediation Therapy)

Individuals with eating disorders often can feel stuck and can find it difficult to think about changing routines and habits.

The morning part of this group helps individuals gain insight into our ways of thinking, brain synapses and routines. This part of the group is not necessarily focused on weight, shape, food or calories. It is about discovering the way we think and identifying patterns in our thinking.

CRT was fun, it wasn't intense and I enjoyed the games

It shows you that if you can change the small stuff you know how to change the big stuff

CRT is helpful because it is about science and how the brain works

Body Image

The aim of this part of the group is to support you to move towards body image acceptance. Within the group we will learn more about body image, your own perceptions and the impact these have, skills and techniques to manage body image concerns, behaviours and reduce avoidance.

It is so difficult to address but so needed and without the group I wouldn't be able to do it on my own.

This group changed my perspective and saved my life.

To be able to meet others who are going through similar things.