

Phase 1 Group Intervention



Session 1 - Education Group:

This group provides information around what is an eating disorder, the effects of starvation, the causes of an eating disorder and the stages of change.

Session 3 - Contemplation Group:

This group explores the contemplation stage, weighing up their options, pros and cons of change and their hopes and fears. Time is also spent looking towards the future.

Session 2 - Nutrition Group:

This group focuses on education around nutrition such as the eatwell plate vs. eatwell guide, food groups, metabolism and food and mood.

Session 4 - Preparation Group:

This group explores the Recovery Star. It looks at externalisation, identity, goals setting, problem solving and skills that may help with change.