

Coping Skills for Eating Disorders is a psycho-educational therapy group specifically designed for people with anorexia, bulimia, compulsive eating and other eating and weight difficulties. The group is facilitated by trained counsellors. It is a series of ten weekly sessions, each centred on a relevant topic and geared to the development of a broad range of coping skills for promoting the process of recovery.

People with eating disorders often experience clusters of other life difficulties that may underpin or aggravate their problematic relationships with food. The *Coping Skills* group brings together tried and tested methods for identifying and tackling these interrelated issues. The sessions feature discussion, writing, worksheets, homework and other learning strategies that help group members identify coping skills they may already possess, in order to build them up and use them more regularly. Additionally, the group will promote the development of new skills while providing a confidential, personalized and encouraging environment for all members, promoting growth through mutual support, feedback and education.

Consistent attendance is very important so please, register for the group if you are confident you can attend all the meetings on the dates specified in your letter of invitation.



Group Schedule

- 1: Introductions and Thinking about Change
- 2: Building Self-Esteem
- 3: Building Supportive Relationships
- 4: Assertiveness and Communication Skills
- 5: Coping with Anxiety
- 6: Stress Management
- 7: Coping with Depression
- 8: Recognizing Anger
- 9: Staying Motivated and Coping with Setbacks
- 10: Review and Ending

Before being assigned to a group you will be offered a brief meeting with one of the counsellors to determine whether the group will be helpful to your specific needs.

0161 480 0882

info@oakwoodhouse.co.uk
www.oakwoodhouse.co.uk

Oakwood House
251 Wellington Rd South
Stockport SK2 6NG



North West Centre for Eating Disorders

Providing choice in eating disorders treatment

Reply Form Coping Skills Therapy Group

Please return completed form to:

NWCED

Oakwood House
251 Wellington Rd South
Stockport SK2 6NG

Questions? Please call 0161 480 0882

The cost of the group is £50 for the entire series of ten sessions. Payment is to be made prior to first group session. Fee concessions are available where appropriate.

Yes I am interested in a place in the next *Coping Skills* group series.
Please contact me* with further details.

Name

Address.....

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Land line

Mobile Phone.....

*The best way to contact me is:

Post

Landline

Mobile