

# Binge-Eating Disorder Group

**Learn strategies to overcome your binge eating behaviors.**

**New groups starting the week of November 14<sup>th</sup>.**

In this 15 week group, participants will learn how to:

- interrupt binge eating,
- establish healthy eating patterns,
- identify and change problematic thoughts and negative feelings,
- and identify and use more effective coping strategies.

Two groups offered:

- 9-10am on Tuesdays starting, November 14<sup>th</sup>
- 6-7pm on Wednesday starting, November 16<sup>th</sup>
- Specific dates of groups are listed on our website.

Weekly Outline:

Week 1: What is Binge-Eating Disorder

Week 2: Cues and Consequences, Part I

Week 3: Cues and Consequences, Part II

Week 4: Thought, Feeling and Behaviors

Week 5: Restructuring Your Thoughts

Week 6: Cues and Chains

Week 7: Impulsivity, Self-Control, and Mood Enhancement

Week 8: Body Image, Part I

Week 9: Body Image, Part II

Week 10: Self-Esteem

Week 11: Stress Management and Problem Solving

Week 12: Assertiveness

Week 13: Weight Management

Week 14: Relapse Prevention, Part I

Week 15: Relapse Prevention, Part II

Cost: \$300 (covers all 15 groups)

Location: 7365 Kirkwood Court, Suite 250, Maple Grove

Facilitator: Kelly Tousignant, LMFT

If you are interested in more detailed information please call Kelly at 763.424.9591 or visit our website [www.reimanncounselingclinic.com](http://www.reimanncounselingclinic.com)

We also offer Binge-Eating Disorder groups that start in January and March. Please call to be put on the interest list if you would like to join.



## Reimann Counseling Clinic

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[www.reimanncounselingclinic.com](http://www.reimanncounselingclinic.com)