



## **My eating disorder: Why it's a part of my life and ideas of how to change.**

**Purpose of the Group:** This group is intended for individuals (17 years and older) struggling with disordered eating and wanting to gain a better understanding of the role/function of their eating disorder. The group will discuss:

- A way to understanding why an eating disorder is part of a person's life
- Thoughts about change and the factors that influence readiness to make changes
- Specific strategies people use to cope differently
- Myths around health and eating

**Expectations of Participants:** Respect confidentiality. Individuals missing more than one group will not be permitted to continue. Individuals are not expected to make any changes, but simply to be curious about the role of their eating disorder in their life.

**When and Where:** The group starts April 12, 2010 and will meet five consecutive Monday's until May 10 from 6:30 until 8 PM. Sessions will be held at **601 West Broadway, Vancouver** (One block West of Cambie). Group members will meet on the 6<sup>th</sup> floor.

**Cost:** Expenses for this group are covered by the Looking Glass Foundation.  
[www.lookingglassbc.com](http://www.lookingglassbc.com)

**Group Facilitators:**

Daryl Ternowski, PhD, Registered Psychologist (#1672)  
Angela Birnie, B.A., Registered Dietitian

**Referral Process:**

People interested in attending the group are invited to contact Dr. Ternowski at 604-219-0381.