



Group Offerings: Fall 2022

Family Based Therapy (FBT) Parent Support Group:

This group is for parents who are using FBT to renourish their loved one. Learn about the basics of FBT, ask questions and offer one another support through this challenging and critical time in your child's ED journey.

Held in 12 week modules, cost is \$150 per month per family.

Led by Christopher Lamps, MD and Christine Lamps, LCSW, CEDS-S

In Person Mondays: 1:15-2:15pm

Yoga for Eating Disorder Recovery

Please join Izzy Shurte, a licensed therapist and a RYT 500 Yoga Teacher for a weekly therapeutic yoga group to explore emotions for teens and adults. Yogic principles and theory of emotion will be explained and then experienced directly through yoga asana (poses), pranayama (breath work) and meditation techniques. Time for processing the experience. Space limited to 8 participants.

Held in 12 week modules, cost is \$150 per month.

In Person MONDAYS: 5:30-6:45pm

Morning Embodiment Group

Heal and connect to your body, mind and full self in a supportive group for adults of all ages.

Sept 20 – Nov 22: \$350 for 10 sessions. Led by Becky Jacobson, LPC, ATR, LMT

Online with in Person Opportunities Tuesdays: 8-9:15am

Groups require pre-registration – visit www.C2yourhealthpc.com or contact the group facilitator(s) directly



Body Image and Self-Esteem Group

A group for teens and young adults who desire a healthier relationship with their bodies. Based on the “Embody” book by C. Sobczak, this group will incorporate embodied practice with journaling and art to restore self-compassion and healing. For those who want a healthier relationship with their body.

Held in 12 week modules, cost is \$150 per month.

Led by Christine Lamps, LCSW, CEDS-S and Becky Jacobsen, LPC, ATR

In Person TUESDAYS: 5-6:15pm

DBT Group for Teens

A collaborative process group for High School teens who want to learn positive ways to cope with overwhelming emotions. Targeting teens who engage in self-damaging behaviors, struggle with depression, anxiety and/or eating disorders. Learn a new skill each month. Total of a 5 month commitment expected.

Held in 12 week modules, cost is \$150 per month.

Led by Christine Lamps, LCSW and Christopher Lamps, MD

In Person WEDNESDAYS: 6:30-7:45pm

Adult ED Recovery and Relapse Prevention Group

A therapist facilitated group focusing on a new skill each week as well as time for processing and support. Topics include willingness and commitment; balancing job and family responsibilities with recovery; interpersonal relationships and boundaries; communication with a treatment team; and balancing recovery with life responsibilities. Group will use book by C. Costin “The 8 Keys to Recovery.”

Held in 12 week modules, cost is \$150 per month. Led by Joanne Paek, LPC and Christine Lamps, LCSW, CEDS-S

In Person THURSDAYS: 6-7:15pm

Groups require pre-registration – visit www.C2yourhealthpc.com or contact the group facilitator(s) directly