

Questions You May Have...

Will I be expected to attend every session?

Groups work best when everyone comes regularly. So, as part of orientation we have you sign an agreement saying that you will come weekly. While regular attendance is an expectation, we understand that this is not always possible. If you cannot make it to group, please call 24 hours in advance to avoid a \$20 fee.

How many other people will be in group?

While it is not possible to know exactly how many people there will be before the group starts, we can say that that we like to limit the group to six members.

Will my insurance cover my group visits?

Many insurance companies do cover group visits. However, because group visits are significantly less expensive than individual visits (sometimes close to the price of your regular co-pay), many people choose to pay for their group out-of-pocket, rather than draw from their limited number of insurance covered visits.

Do I need to register to be in the group?

Yes. Registration is required. If you want to participate in the group, please call and register with the office.

More Questions?

If you still have more questions about the group, you can contact Mary Emerson at (919) 466-7540.

Eating Disorders Therapy Group

For People Living with pre/post gastric bypass, pre/post lap band, compulsive eating, bingeing, and purging, and other food and eating related issues.



Cary Behavioral Health

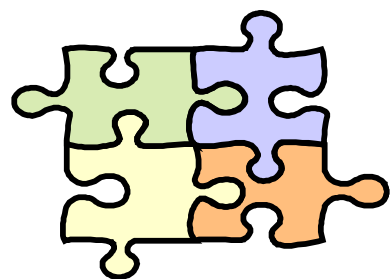
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Phone (919) 466-7540
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The Eating Disorders Therapy Group is an ongoing program designed to address eating related issues in a group setting.

The main purpose of the group is to understand and address cognitive, emotional, and behavioral issues related to eating problems.



SCHEDULE

The group will meet every Tuesday from 6:00-7:00 p.m. at Cary Behavioral Health. To register, please call Mary Emerson at (919) 466-7540. The cost is \$30 per group.

The goals are achieved by focusing on:

1. Relationship with food.
2. Using food for reasons other than nutrition.
3. Underlying psychological issues.
4. Underlying emotional issues.
5. Following a food plan.
6. Self/Body Image
7. Co-dependency
8. Accountability
9. Group Support
10. Persevering

