

DOING LIFE

A Body Positive Psychotherapy Group for Women

For many women food and eating become a way of reducing anxiety and feeling better in the moment. Out of control food behaviors can escalate and become overwhelming creating even more anxiety, isolation, depression and other dysfunctional behaviors. This eating disorder psychotherapy group will focus on helping women develop a healthy relationship with food while learning to identify and express their feelings in a safe and nurturing environment. Group topics will include (but are not limited to) the following:

- *Identifying triggers to eating disordered behaviors.*
- *Managing stress and anxiety.*
- *Reducing obsessive thoughts about food and weight.*
- *Increasing positive thoughts and experience.*
- *Developing a healthy relationship with food.*
- *Increasing social support.*
- *Gaining insight into the underlying issues that contribute to eating disorder behaviors.*
- *Creating a healthy and more positive body image.*



Saturdays from 10:00am – 11:30am
\$280.00 per month, free initial consultation required.
Monthly superbills provided for insurance reimbursement.
90-day commitment required.

Terryann Sanders

Licensed Marriage and Family Therapist, MFC41760

1361 S. Winchester Blvd., Suite 101

San Jose, CA 95128

Email: terryannsanders998@gmail.com

Website: terryannsanders.com

408 410-9370

About the facilitator: Terryann Sanders graduated from the eating disorder certificate program at JFK University in April 2006. She is a member of AED, NEDA, IAEDP and CAMFT, and served on the board of directors of SCV-CAMFT for 5 years as President and CFO. Terryann is currently in private practice in San Jose, where she provides consultation for peers and specializes in working with families and individuals with eating disorders.